DECEMBER • 1955

Practical HOME ECONOMICS

PUBLISHED BY SCHOLASTIC MAGAZINES FOR TEACHERS OF HOME ECONOMICS

She Works in Fashion

FOURTH IN A CAREER SERIES

Merry Christmas

Bottled Soft Drinks Are **Food Products** with Sound Dietary Functions

There's no disputing that bottled carbonated beverages have top-notch energy value. Here's why: they average 100 calories per 8 ounces, which is quickly converted into "go" power every person needs. And naturally, soft drinks help replace the body's daily fluid loss—often amounting to 2½ quarts! A proper liquid balance at all times is a *must* for good health!

As an appetite booster . . . as a digestive aid . . . zesty carbonated soft drinks are as efficient as they are tempting. Your personal experience will bear this out — as will any doctor!

When it comes to liquid foods, don't sell these sparkling bottled soft drinks short. They're plenty long on nutritive values . . . made *purely for wholesome refreshment!*

American Bottlers of Carbonated Beverages

WASHINGTON 6, D. C.

The National Association of AMERICAN BOTTLERS CARBONATED BEVERAGES *the Soft Drink Industry*

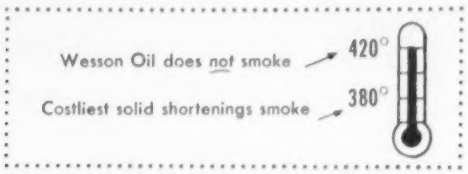
The American Bottlers of Carbonated Beverages is a non-profit association of manufacturers of bottled soft drinks, with members in every State. Its purposes...to improve production and distribution methods through education and research, and to promote better understanding of the industry and its products.

Potato Frying Lesson

the liquid shortening way
—with delicate Wesson Oil

Right from the start good frying is easier to learn with Wesson Oil. Your students *pour* Wesson to proper frying level—there's no digging out solid shortening. They can *see* just how much to pour—no waiting to melt, no waste.

Wesson is instant shortening with all the delicacy and high temperature cooking advantages of finest salad oil. See by the chart how much higher you can heat Wesson Oil than the costliest solid shortenings—and still Wesson will not smoke or burn.



With Wesson's extra margin of safety, you teach good frying with confidence. You are surer always of digestible fried foods with fresh, delicate flavor. Your young cooks take pride in delicious results—accomplished so easily.

For "French Fries"—cut potatoes into strips ⅜-inch wide and ⅜-inch thick. Dry between paper towels. Fry until light brown in deep Wesson Oil heated to 375°F. Wesson Fries are light, digestible.

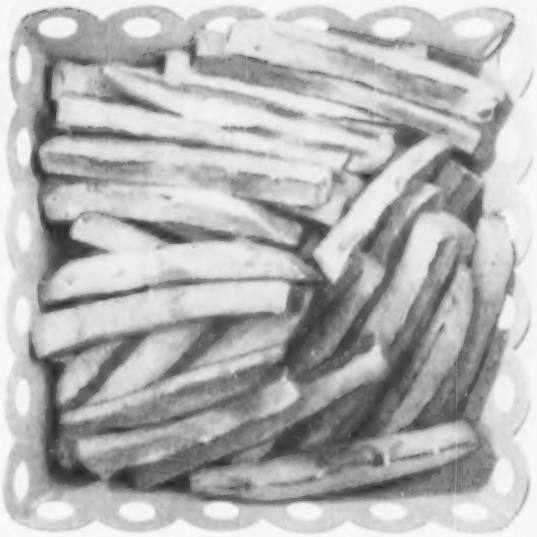
For Potato Puffs—add one beaten egg to 2 cups cold, seasoned, mashed potatoes. Form into balls and roll in corn flakes. Fry until golden brown in deep Wesson Oil heated to 375°F. Fine way to use leftovers.

For "Whole-Fried" Potatoes (a new quick trick to try)—pierce ends of medium size, unpeeled potatoes with a fork. Drop whole into deep Wesson Oil heated to 375°F. Cook 20 to 30 minutes depending on size. They taste better and cook faster than baked potatoes. Mild Wesson brings out the full flavor.

FREE—Frying lesson leaflets in quantities for your classes.
Use coupon on page 33.

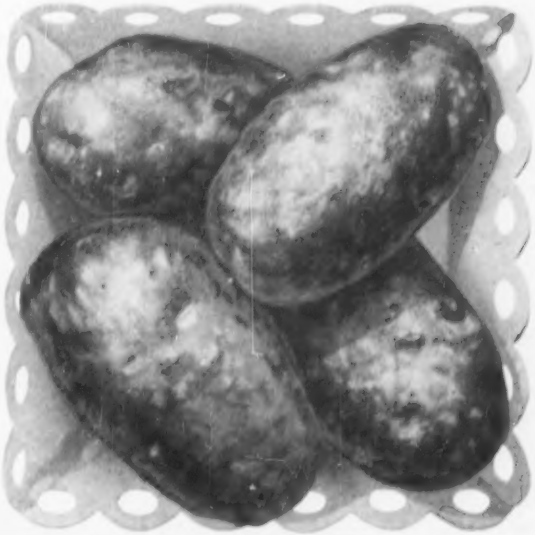
Delicate salad oil makes the finest shortening

Wesson® Oil



FRENCH FRIED

POTATO PUFFS



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VOLUME 34 NO. 4 DECEMBER 1955

Practical HOME ECONOMICS

PUBLISHED BY SCHOLASTIC MAGAZINES FOR TEACHERS OF HOME ECONOMICS

HOME ECONOMICS AND GENERAL EDUCATION ARTICLES

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PRACTICAL HOME ECONOMICS is one of the SCHOLASTIC MAGAZINES. These include three teacher publications (Practical Home Economics, Scholastic Teacher, and Scholastic Coach); and the following classroom publications: Co-Ed, issued monthly (starting Feb., 1956) for home economics students in junior and senior high schools; NewsTime, issued weekly for grades 4, 5; Junior Scholastic, issued weekly for grades 6, 7, 8; World Week, issued weekly for grades 8, 9, 10; Senior Scholastic, issued weekly for grades, 10, 11, 12; Practical English, issued weekly for all high school grades; Literary Cavalcade, issued monthly for all high school grades.

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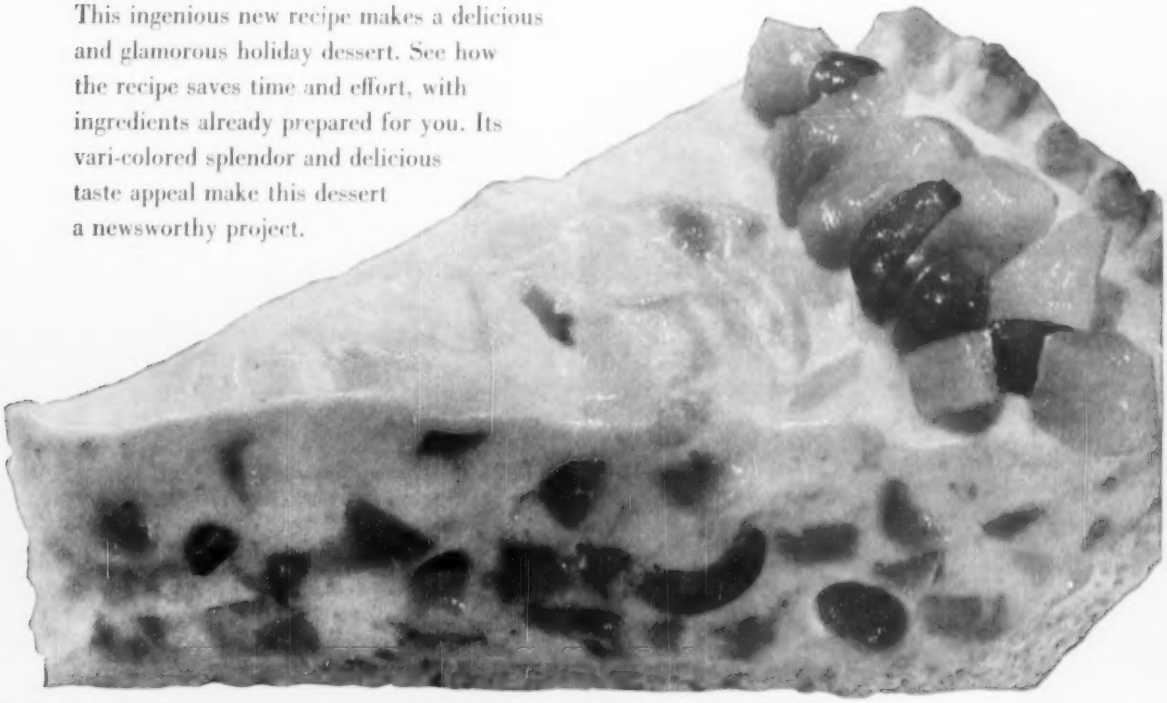
Member of Audit Bureau of Circulations

FOR A HOLIDAY PROJECT

Fruit Cocktail Eggnog Pie

A new concept in festive desserts

This ingenious new recipe makes a delicious and glamorous holiday dessert. See how the recipe saves time and effort, with ingredients already prepared for you. Its vari-colored splendor and delicious taste appeal make this dessert a newsworthy project.



FRUIT COCKTAIL EGGNOG PIE

1. Drain **1 No. 2½ can (1 lb. 14 oz.) fruit cocktail** thoroughly.
2. Mix **1 envelope Knox Unflavored Gelatine, ¼ cup sugar** and **¼ teaspoon salt** together thoroughly in a saucepan.
3. Gradually stir in **2 cups commercially prepared eggnog.** Warm over direct low heat, until gelatine is thoroughly dissolved, stirring occasionally.
4. Chill until mixture mounds slightly when dropped from a spoon.
5. Fold in **1 cup heavy cream,** whipped, **1½ teaspoons vanilla, ¼ teaspoon almond extract** and 1½ cups drained fruit cocktail. Chill again until mixture mounds.
6. Heap into baked **9" pie shell** (directions on Betty Crocker Homogenized Pie Crust Mix package). Decorate with remaining fruit cocktail.
7. Chill 2 to 4 hours or until firm.

Cut out recipe . . . it's the right size for your 3" x 5" file

4-envelope Family Size

32-envelope Economy Diet Size

As you know, Knox Unflavored Gelatine is *all protein, no sugar.* Thus it builds up the nutritive value of everything you make with it. Knox is not to be confused with flavored gelatine dessert powders.

KNOX GELATINE — JOHNSTOWN, N. Y.

With Your Editors

AMONG OUR CONTRIBUTORS this month is Eugenia Smith whose real name is Frances. She says that the bewildering number of Frances Smiths drove her to seek refuge in a pen name. She has been teaching for nine years, two of them in Tulsa where she is now. Before that she taught for four years at Humboldt, Tenn., where her girls were the delightful guinea pigs for the testing program which she devised and reports on for us on pages 10 and 11. Today there are 174 girls in her homemaking classes. Mrs. Smith has a strong interest in Sunday School teaching and has a class of 27- and 28-year-old homemakers at the First Baptist Church. She holds a master's degree in religious education earned at Southwestern Baptist Theological Seminary at Fort Worth.

WE OWE *Farm Journal* our most sincere apologies. The wonderful photographs which illustrated the

Eugenia Smith teaches both homemaking, Sunday school.

article, "Storage Ideas for Home and School," in our October issue, were borrowed from *Farm Journal* and should have carried a credit line to that effect.

THE DECEMBER 1 issues of *Scholastic Magazines—Senior Scholastic, Junior Scholastic, World Week* and *Practical English* — are featuring a double-page announcement describing a Good Breakfast Contest, sponsored by the Quaker Oats Company. Students are asked to write 100 words or less explaining "Why I need a good breakfast." Boys and girls in grades six through nine (junior division) and ten through twelve (senior division) are eligible to compete for cash prizes totalling $3600.00.

Duplicate prizes will also be awarded to the teachers whose names the students write on their entries, if those entries are among the winners.

Teachers of home economics will be especially interested in this "good breakfast" topic. Many will encourage their homemaking students to enter the contest, not only for a chance at the cash prizes but to impress upon students the significance of the meal that is regarded by many nutritionists as being the most important of the day.

If you do not have ready access to the December 1st issue of *Senior Scholastic, Junior Scholastic, World Week*, or *Practical English*, for the rules and regulations of this contest, send for a reprint. Address: "Good Breakfast Contest," Scholastic Magazines, 33 West 42nd Street, New York 36, N. Y.

You may wish to refer student contestants to back issues of *Practical Home Economics* (February, September, 1955) which contain excellent material on the reasons for and ingredients of good breakfasts.

EARLY IN JANUARY the first issue of *Co-ed* will be delivered to you for distribution to your students; that is, if you have put in your order or do so soon. It is not too late to order. The number of copies of Volume 1 Number 1 to be printed will be determined by the orders received as of December 10. So that you and your students may be participants in the launching of this unique publication, we urge you to place your order now. The envelope enclosed with this issue of *Practical* provides an order form. Remember, if you order 15 or more *Co-eds*, your subscription to *Practical* is free as long as the *Co-ed* subscriptions are in force. Incidentally, the February issue is the next issue of *Practical*. There will be no January issue. You may expect the February issue early in January, to be mailed with the first *Co-ed*.

When *Co-ed* appears it will reflect the advice of many leaders in home economics education and students in junior and senior high school homemaking classes. This pre-testing was

Noontime finds Homemaking Director Cronan at a Brookline school cafeteria.

accomplished by our printing a pilot issue and sending copies to our Board of Editors, to state supervisors of home economics education who offered to evaluate such an issue, and to students we reached directly in a selected number of metropolitan and rural schools. Members of the *Co-ed* staff visited these schools by appointment, passed out pilot copies, and got the reaction of teachers and students.

From the interest and enthusiasm in all quarters, we are confident of *Co-ed's* success. Typical comment: "It is a thrilling development. I wish you all the success in the world." "Your staff is to be congratulated on an excellent start." "I will recommend that our girls subscribe." "There is a real place for *Co-ed* here, since we have no text." "Most girls

***Co-ed** *is coming!*

buy their clothes. Be sure to put plenty of consumer-buying information in *Co-ed*." (We will.) "Congratulations on the name *Co-ed* and the contents of the pilot issue."

FOR THIS ISSUE Marion Cronan prepared school lunch menus and recipes that cover the months of January and February. In addition, on page 25 you will find her ideas on menus and planning for the special occasions that inevitably occur during the holidays.

New Books

Questions Parents Ask
By James Lee Ellenwood
E. P. Dutton and Co., New York, 1955, $2.50, 155p.

A common-sense book designed to answer the questions that parents as well as other counsellors ask about children from early childhood on. There's sound advice here on such topics as character formation, allowances, interest in schooling, neighbors' standards, religion, dating, playmates, value of money, vocational guidance. Written informally.

Allergy Cooking
By Marion L. Conrad
Thomas Y. Crowell Co., New York, 1955, $5.00, 380p.

The author makes meal planning and cooking nutritious and interesting for the person with a food allergy. Mrs. Conrad, a long-time dietitian, talks about family adjustments, eating out, and gives basic diets plus seven possible diet combinations.

Household Equipment (4th Ed.)
By Louise Peet and Lenore Thye
John Wiley & Sons, Inc., New York, 1955, $6.00, 444p.

Up-to-date information on appliances used in the kitchen and in the laundry. Points to look for when buying; how, when, and where to use each item most advantageously. A trustworthy guide for planning and selecting equipment.

Textile Fabrics and Their Selection (4th Ed.)
By Isabel Wingate
Prentice-Hall, Inc., New York, 1955, $8.65, 703p.

Isabel Wingate, Associate Professor of Retailing at New York University, has brought her textbook up to date with all the new information on textiles. Besides pointing out the identifying characteristics of standard fabrics, she discusses their merits and limitations, various uses, and their care. She also tells how fibers are produced and processed. Each chapter contains a summary, review questions, suggestions for experiments, and a glossary.

Family Living (Rev.)
By Evelyn Millis Duvall, Ph.D.
The Macmillan Co., New York, 1955, $3.40, 410p.

Designed as a text for high school courses, it contains six full units on personality development, family interrelationships, boy-girl relationships, preparation for marriage, child development and guidance, and modern family life.

How You Look and Dress (2nd Ed.)
By Byrta Carson
McGraw-Hill Book Co., New York, 1955, $2.96, 398p.

A textbook written to meet the needs of the girl who is studying clothing for the first time. Besides the basic principles of sewing, new and shorter methods of clothing construction, care, design, color, textiles, and remodeling are covered. Written in easy to understand language and attractively illustrated.

Family Meals and Hospitality (Rev.)
Dora Lewis, Gladys Peckham and Helen Hovey
The Macmillan Co., New York, 1955, $3.88, 469p.

This textbook for high school foods classes, planned to serve as a basis for two semesters' work, is divided into eight teaching units. As in the first edition, the authors emphasize the importance of nutrition, budgeting of both money and time, and the creative and social aspects of cookery. References and teaching materials have been brought up to date; information about equipment has been included as well as new recipes and new photographs.

Scholarships, Fellowships and Loans, Vol. III
By Dr. S. Norman Feingold
Bellman Publishing Co., Cambridge, Mass., 1955, $10, 471p.

The third volume of this large and accurate source of philanthropic educational funds gives information on more than 8,000 scholarships, fellowships, loans, and grants-in-aid. There are complete listings of scholarships, plus suggestions on how to meet scholarship, fellowship, or loan committees with sample application forms and directions for filling them out. This volume, which has been preceded by two others (the three together sell for $20), contains a master index for all three. There is no duplication of information in the last volume.

*Co-ed is coming!

Smart Decorating Ideas with Tidy Trim

Now you can get practical professional directions for your students on how Tidy Trim Sewing Notions add to fashions and furnishings.

Tidy Trim has illustrated circulars containing directions for the following:

HOLIDAY and GIFT IDEAS

An interesting project for classroom, hobby groups, church groups or just you in which new style Rick Racks, Braids and Tapes are used to make holiday decorations and gift packages. Useful not only for Xmas and New Years, but for Valentine's Day, Easter, patriotic occasions, weddings, parties, etc.

HOUSE FURNISHINGS

How to glorify tablecloths, aprons, place mats, sheets, pillow cases, curtains, blankets, towels, petticoat ruffles with "TIDY TRIM" Metallic and Mercerized Cotton Braids and Rick Racks or the New "TIDY TRIM" Border.

FASHION MAGIC

for year 'round

Shell Braid for sweaters and how to make beautiful earrings from Rick Rack. Pins and bracelets are fun, too! Send today for these Tidy Trim services. See coupon Page 33.

Border • Rick Racks • Bias Tapes
Shell Braids • Seam Bindings
and Novelty Edgings

Manufactured and Guaranteed by
Williamsport Narrow Fabric Company
Williamsport, Pa.

You save calories in holiday dishes by sweetening with
Sucaryl®
Holiday eating and drinking needn't be the downfall of diets if the tempting dishes you serve are sweetened with calorie-free SUCARYL. Improved SUCARYL offers a wholly natural sweetness completely free of aftertaste...even when baked, boiled, or frozen. That means sugar-restricted diets can now include many more delightful, fully-sweetened dishes than ever before!
TABLETS • LIQUID • POWDER
AND CALCIUM FORM FOR LOW-SALT DIETS
HERE'S A NEW RECIPE BOOKLET TO MAKE SUGAR-RESTRICTED DIETING A PLEASURE
This beautiful full-color booklet is filled with delicious sugar-free recipes for desserts, casseroles, salads, breads, and beverages (including the Cranberry Party Punch, Cinnamon Pixie Cookies, Orange Nut Drops and Lemon Bran Tea Wafers shown below). Makes menu-planning for diets so much easier!
FOR YOUR FREE COPY AND COMPLIMENTARY SAMPLE
SEE THE FIRST PAGE OF THE COUPON SECTION
ABBOTT LABORATORIES • NORTH CHICAGO, ILLINOIS

News

HIGHLIGHT in the field of home economics during November was the ninth home laundry conference held in San Francisco. Two days were packed with up-to-date information on every phase of home laundry. Specialists came from every part of the United States to present their findings to the homemaking teachers, extension specialists, and other home economists who attended the sessions.

The outstanding rostrum included Lillian M. Gilbreth, Esther McCabe, Julia Kiene, Florence Ehrenkranz, and Elaine Knowles Weaver. And in addition, member companies presented an exhibit of the many types of laundry equipment available to the homemaker.

Home Economics Research

A balanced and expanded program of research in all fields of home economics was the principal general recommendation of the home economics research advisory committee which met recently in Washington, D. C. The committee made more than 50 specific recommendations. Among these were: Food and Nutrition—(1) To initiate laboratory analyses on carbohydrates in foods to replace incomplete or obsolete data that are likely to give erroneous results in diet planning and appraisal. (2) To expand analyses of nutrients in foods to obtain data on new foods and new forms of common foods which are not now included in tables of food composition.

Textile and Clothing—(1) To initiate research to determine the effect of various cleaning procedures on the characteristics of currently available fabrics as a basis for recommending acceptable methods for home laundering. (2) To expand research to determine the reaction to wear and cleaning of soft floor coverings.

ADA Officers

The new president of the American Dietetic Association is Mrs. Winifred Howard Erickson, director of the department of dietetics at Ancker Hospital, St. Paul, Minnesota. Other new members of the executive board are: Lucille M. Refshauge, president-elect, and Doris Johnson, treasurer. The installation of officers took place during the Association's 38th annual meeting in St. Louis, Missouri. Climax of the meeting was the presentation of the Marjorie Hulsizer Copher Award to Miss S. Margaret Gillam for distinguished service to the profession. The Mary Swartz Rose Fellowship was presented to Myrtle L. Brown and Mrs. Geraldine Graves Gardiner received the 1955 Lydia J. Roberts Essay Award.

Canadian Convention

The Canadian Home Economics Association has announced that their 1956 convention will be held in Vancouver, British Columbia from July 9-12. A pre-convention workshop will be conducted on July 3-6 by Lou Richardson and Genevieve Callahan. Entitled, "A Workshop in Home Economics Communications," the course will include lectures, demonstrations, discussions and workgroups on oral, verbal, and visual means of education in home economics.

Camille Beauchamp

The appointment of Camille Beauchamp as manager of the Westinghouse Home Economics Institute has just been announced. She succeeds Mrs. Julia Kiene who retired recently. Miss Beauchamp has been assistant manager of the Institute since 1943.

Jeanne Paris

Beth Bailey McLean has announced the appointment of Miss Jeanne Paris as the assistant director of the home economics division, research laboratories of Swift & Company in Chicago. Prior to her present position, Miss Paris was the director of home economics for Kroger Food.

Margaret B. Doughty

The new director of consumer education for the Dow Chemical Company is Miss Margaret B. Doughty. In her new capacity she will supply homemaker groups, high schools, colleges, and extension services with information of consumer interest. Miss Doughty was formerly with the Hoover Company's Home Institute and the Bendix Company.

Carol Best

The National Association of Frozen Food Packers has appointed Mrs. Carol Best as director of its home economics department. She will develop ideas to help homemakers expand their use of frozen foods. Mrs. Best was formerly with the *Journal of Home Economics*.

DATES TO REMEMBER

NOVEMBER

- **27-December 1** The 34th National 4-H Club Congress, Chicago, Ill.
- **28-December 2** White House Conference on Education, Washington, D. C.

DECEMBER

- **5-9** American Vocational Association National Convention, Atlantic City, New Jersey.
- **6** Meeting of the National Association of Secondary Vocational Homemaking Teachers, Hotel Chalfonte-Haddon, Atlantic City, New Jersey.
- **25** Christmas.

JANUARY

- **1** New Year's Day.

FEBRUARY

- **5-11** National Children's Dental Health Week.
- **12** Abraham Lincoln's Birthday.
- **22** George Washington's Birthday.

JUNE

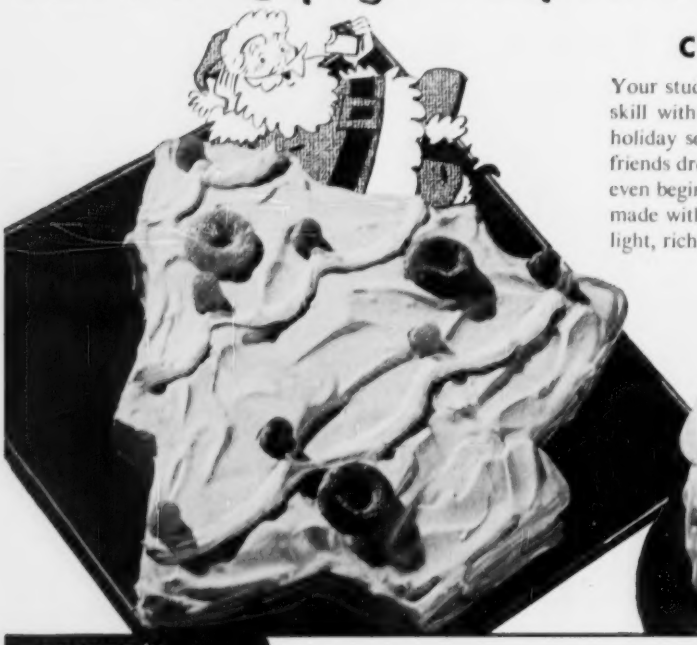
- **26-29** Forty-seventh Annual Meeting, American Home Economics Association, Washington, D. C. Headquarters, National Guard Armory.

JULY

- **9-12** Canadian Home Economics Association Convention, Vancouver, British Columbia.

*Co-ed *is coming!*

This baking project helps make Christmas merry!



CRISCO'S HOLIDAY CAKES

Your students will really enjoy "showing off" their baking skill with these two Crisco cakes. They're perfect for the holiday season . . . for Christmas dinner, parties or when friends drop in. And, with these quick 'n easy Crisco recipes, even beginners can be sure of professional results. For cakes made with pure, all-vegetable Crisco come out wonderfully light, rich and moist . . . and high as can be!

CRISCO'S BAKING PROJECT

CHRISTMAS GIFT CAKE and WINTER WONDERLAND CAKE

Prepare pans. Rub with Crisco or line bottoms with heavy waxed paper.

DIRECTIONS	INGREDIENTS	CHRISTMAS GIFT CAKE Use Christmas tree cakepan.	WINTER WONDERLAND CAKE Use two 9" pans (1½" deep)
Measure into mixing bowl, and blend thoroughly for 2 mins.	Sifted Cake Flour Sugar Crisco Salt Double-acting baking powder Milk	1½ cups 1 cup ⅓ cup 1 tsp. 2½ tsps. ⅓ cup	2½ cups 1⅔ cups ⅔ cup 1 tsp. 3½ tsps. ¾ cup
Add and blend for 2 mins.	Milk Eggs Vanilla	⅓ cup 2 1 tsp. Stir cake charms into batter. Pour into pan.	½ cup 3 1 tsp. Use for two layers, plus one cupcake for Santa.
Baking temperature 350°F.	Baking time	About 40 mins.	About 35 mins.

DECORATIONS:

FLUFFY ICING—For *Christmas Gift Cake*, use one standard recipe (2 egg whites) of 7-minute frosting. For *Winter Wonderland Cake*, use 1½ times the recipe.

CHRISTMAS GIFT CAKE—Set aside some white icing. Tint remaining icing pale green and frost cake. With white icing, draw trimming. Trim with gumdrops.

WINTER WONDERLAND CAKE—Frost layers. Tint enough icing deep pink to cover cupcake. Mark "face" on a marshmallow with melted chocolate and candy. Attach Santa "body" with toothpick. Place on cake. Attach gumdrop hat; decorate with white icing and small gumdrop. Draw beard with white icing.

TO HELP YOU PLAN A DECEMBER CAKE-BAKING LESSON—*Send today for free reprints* of this ad—available for distribution to students. Write Crisco, Box 296-C3 Cincinnati 1, Ohio, specifying quantity needed. Or mail coupon in the Service Section.

2 Out of 3 bake and fry
...with **CRISCO**
It's digestible!

PRACTICAL'S

CAREER SERIES
NUMBER 4

Teaching was

a good background for

Bradford Bachrach

Jeanne Ayers is the director of all of McCall's Patterns School Service activities.

A Career in Fashion

"TEACHING has been and always will be my first love," said Jeanne Ayers, who, as Kit Mason, directs McCall's Patterns School Service activities. "Even though I'm in the business world now, I feel, act, and think as a teacher does. Maybe it runs in the family. My mother and three sisters are teachers," she added proudly.

Jeanne had always wanted to teach, but it was quite by accident that she became an authority on fashion and sewing. Before she even knew the meaning of the words "home economics," as the eldest daughter in a large farm family, she learned to practice what she would teach later. She delighted in helping her mother take care of the house, cook, bake, preserve.

When Jeanne was ten she could hardly wait to become a 4-H Club member, and immediately selected canning as her project. She was determined to become "the best cook in the state of Vermont." For all-around achievement, Jeanne was selected as a state delegate to the National 4-H Club Congress in 1942. Soon she decided that she'd combine home economics and teaching, and she set her sights accordingly.

Sewing had always been a thorn along the primrose path to a career. With the promise of "I'll do all the housework and cooking for a week if you'll make me a dress," Jeanne managed to enlist her mother's help, at least some of the time.

"I wanted pretty clothes, and I could sew after a fashion," Jeanne remembers, "but I liked to do other things better."

Now, when she talks to girls who say they like fashion but just don't enjoy sewing, Jeanne can honestly say that she understands.

"Practice, practice, practice," is her advice. "Pick the prettiest fabrics, the prettiest patterns, and make things you'll really want to wear. All of a sudden you'll find that making a new dress is as much fun as having a new dress."

Believe it or not, a pair of orchid cotton pajamas, piped with white, made in her freshman year at college, switched Jeanne from an indifferent home sewer to an enthusiastic one.

"So many things led up to what I do today," Jeanne said, "that it's hard to remember them all." As School Service Director of McCall's Patterns, her job involves the preparation of teaching aids, planning and sometimes presenting fashion shows and educational programs. She edits the *School Stylist* magazine, supervises the field work of McCall's traveling home economist, and answers hundreds of letters from teachers each week.

"Every single thing I've ever learned has been a help," she admits. "The only thing that scares me is that I learn something new every day. I wonder how I managed a year ago. Imagine how I'll feel in another ten years!"

Jeanne took her B.S. degree in home economics at the University of Vermont in 1947, where she was president of the home economics club, chairman of the fashion show committee in her senior year, and vice-president of her sorority, Alpha Chi Omega. At the same time she was working to pay her own way through school. After graduation she taught home economics in Fairfax, Barre, and Montpelier, Vermont. From 1951 - 1953 Jeanne was supervising teacher for the University of Vermont home economics training program.

Still eager to broaden her background and continue her education, she caused quite a stir at the Essex

(Continued on page 35)

"One of our favorite practical tests is one we eat!"

Testing Can

"TELL how to make a bound button hole. Tell how to apply a zipper to a side placket. Tell how to make a simple dress." This was typical of the examination given by my high school home economics teacher. And there were enough other "tell how's" to require at least two blue books and two hours of my most rapid writing. But three years of "telling her" left me more than a calloused finger. They left me determined to find a different method of testing when it was my turn to make out the questions.

Now, fifteen years, three degrees, and seven hundred girls later, I am convinced that testing can be teaching and that, as a bonus, it can be fun.

One of our favorite practical tests is the one we eat. It is a very special meal served at the end of a cooking unit, not only to check against the goals that students and teacher have been working toward, but also to provide further learning experiences. Junior high homemaking girls plan, prepare, and serve the examination meal by family groups. Senior high girls frequently choose to serve a mother-daughter or father-daughter banquet, or a buffet supper, or a picnic. They work by class groups. Such projects necessitate careful planning, both oral and written. But they are of far greater value than the all-too-familiar cramming for customary written tests.

Before an examination meal is served, each girl makes a plan booklet with the following divisions:

(1) Menu. (2) Recipes. (3) Market order. (4) Equipment list. (5) Time and work schedule. (6) Table setting and center piece drawing.

What opportunities for learning are involved here? First, the pupils plan a well-balanced menu for the meal they choose to serve. Since they will actually eat the meal, they plan it much more conscientiously than one which will lie cold on a test paper and gather dust in the files. Then, too, they have the experience of selecting reliable recipes, and of planning reasonable portions for the number of persons to be served. The market order comes next. Here the girls learn to consider those supplies on hand, and to make one trip or one telephone call to the grocery for necessary purchases. There can be no borrowing from the next door neighbor!

An equipment list is made to conserve time and motion. Younger girls, especially, tend to get excited in the kitchen and to pull unnecessary pots and pans from the cabinets. Armed with a list of only the essentials, they make each motion and each minute count for the most. This is a very important factor in laboratory classes.

The time and work schedule helps each girl accept her fair share of the project. It guides the girls in planning "first things first and last things last" so that each dish will be served at its best temperature and the meal will be served on time. It saves time for dishwashing and getting the linens into the washer. Seventh graders take special pride in trying to beat the time schedule. They love to have one whole minute to do nothing but watch neighboring "families" hurry to finish dishes just as the bell is about to ring! The schedule, too, slows down the eager-beaver who tries to assume too many of the family tasks, and speeds up the slower girl who knows the success of the meal depends, to a great extent, on her.

Just drawing the table arrangement for the first course checks table setting skills already acquired. Often, too, this entices girls into trying a different style of service from those used with previous meals. Although fancy draw-

"One examination actually served to end plans for an elopment."

It is true that some conventional tests must be given
But this teacher offers a "bonus" plan for examinations
that will keep students on mental tiptoes

Be Teaching

By EUGENIA SMITH

"This is just like an Easter egg hunt," said one girl as she answered questions pinned to fabrics.

ings are not expected, the girls employ their creative talents. Sometimes they reproduce the pattern of china used for their meal, or a pattern of their own design.

They plan centerpieces suitable for the meal, for the season, for the color scheme, using whatever flowers or fruits and containers are available. Many girls find for the first time that cooking is exciting when the meal is served prettily.

After the meal has been planned, prepared, and served, the teacher and pupils evaluate the project in its entirety. They find that sometimes the girl who made the worst food product learned the most unforgettable lesson. They discover ways to make the next meals better. They discuss their experiences in entertaining and in introducing their guests. And since the principal and the dean of women are frequently chosen as guests, the girls automatically become newscasters of class activities. After each girl adds a written evaluation to her plan booklet, she submits the booklet for grading. It must be as neat and grammatically correct as though it were an English theme.

The teacher also learns from an examination meal. She discovers which pupils need additional help on meal planning, or preparation, or accepting a role as a leader or a follower. She helps families face their problems in human relations and helps them to work them out meaningfully.

This teacher learned that one examination served to end plans for an elopement! "Thank you," said Nancy, a high school junior, "for that kind of test. My suitcase was already packed. I was going to run away to get married. But after helping cook our exam meal, I realized that I'm not ready to cook three meals a day or have a family."

But, you may ask, how can you give practical examinations in other phases of homemaking? What would you do in sewing?

Mrs. Smith teaches homemaking at Thomas A. Edison Junior-Senior High School, Tulsa, Okla. She has an M.A. in home economics education from the George Peabody College for Teachers in her native Nashville.

A former principal would chuckle at that and show you the "dolls' clothes" filed in his office at mid-term one year. Along with mimeographed instructions, miniature patterns were given each girl. The pupils had been told to bring sewing supplies to class. Instead of writing how to make flat-fell seams, they made them. They matched notches. They made plain seams. They applied a skirt band, and hemmed the skirt. More than that, they loved doing it. And (as proven true with all practical examinations) there was no cheating.

At other times, I have used this test. I placed patterns correctly and incorrectly on fabric lengths. Some were folded properly and some were not. Questions were pinned to each piece of fabric. The girls moved about the room from one question to another. They wrote down their reasons for believing a pattern had been placed right or wrong. If wrong, they made suggestions for correcting the error. The girls really worked on those tests! But Mary whispered to me, "This is fun. It's like an Easter egg hunt." And Betty, who usually grumbled a week before and two weeks after her other exams, smiled and said, "I feel like an F.B.I. agent. This isn't like a test at all!"

Another semester exam was given in the form of a short story with blanks to fill in, covering our units in personality development, dating, courtship, marriage, pre- and post-natal care, child care and development, home nursing and handicraft. The girls worked enthusiastically on that exam. They were not conscious of time. They left the room saying, "Let's have more tests like that one. It was fun seeing what would happen next!"

It is true that occasional conventional tests must be given. Even they can be teaching experiences. Whenever the pupils request true-false tests, they get them. But then they discover that they are to rewrite each false statement so that it is true. That no mark is to be made by true statements. That loss of points results from failure to follow instructions. At that point they wonder what has happened to their old guessing game. They sheepishly admit that this type of true-false test leaves no room for guesswork, and that they have

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Our Mrs. Fix-It, one of five new films on meat.

It's Lamb Time tells about cuts, cooking methods.

New *How-to-do-it* Films

With believable scripts and high teaching values, these films are really top-notch

By VERA FALCONER

IT doesn't happen very often that we get five excellent films on one subject at one time from one sponsor. But the National Livestock and Meat Board is offering just exactly that—five brand-new, color films all about meat cuts, selection, and cooking methods which could well be the basis for a complete teaching unit. Really top-notch, there is lots of solid information in each interesting fifteen minutes. Each has a believable story which adds to the teaching values and does not monopolize screen time. The first two are particularly absorbing and well made.

Our Mrs. Fix-It explains why Margaret Babcock's friends call her this. Margaret, a home economics major, now a housewife, helps two friends with their cooking problems. Susan can't think of a single meat dish she hasn't served in the past week. June has trouble staying within her food budget. To add to the fun, Susan and June are planning dinner parties for each other. Margaret helps both women. She shows Susan how pot roasts can be varied by using different seasonings, vegetables, and liquids. Variety in stews is her answer for June. In the meantime, we learn a lot of things—braising methods, preparation of pot roasts, types of stews and how to make them. There are hints on timing, serving, garnishing, storing meats in the refrigerator. It's a meaty bull session for housewives.

The Right Track, which should be shown as one of the first two if you're using the whole series, emphasizes nutrition. Again, the story is a good one. Grandmother comes visiting her daughter's family at the request of granddaughter who feels that mother is tired, strained, and unhappy. We see the family at meals eating a hurried breakfast, uninteresting food, unbalanced diet. Everyone is a bit listless. No one eats much. Grannie takes the problem to the family doctor, an old friend. We learn, as they talk about nutritional needs, proper elements of adequate diet, which foods supply various elements, symptoms of improper diet. Grannie takes the information and the nutrition charts home to daughter. Her lesson on nutrition puts the family "on the right track." Diet changes result in better attitudes toward meals, greater pep, health, and general well-being. Naturally, there is an emphasis on the place of meat in the nutritional picture. But this is well handled. It is fair in its statements and does not permit neglect of other foods in any way. The plot told so bleakly sounds a little corny, but it is actually delightful.

The other three films in this group are *It's Lamb Time*, *Pork 'Round the Clock*, and *Thanks to Beef*. In these the story is a mere thread. Each film surveys the many types of cuts available, methods of cooking and serving, meal planning, nutritional values. Emphasis throughout is on thrifty cuts. The lamb film has a charming and surprisingly practical dream as its story thread. Beef is discussed by an offstage voice as a discouraged wife tries unsuccessfully to plan a meal. Pork is explained by a meat-cutter. He is helping his wife learn about meats and she has taught him some of the problems homemakers face. These are three practical films, just full of information and good ideas.

Of course, the carving is always beautifully and simply done. Knives are always exactly right. Meat is served on platters beautifully arranged and garnished. Maybe these things are hard to achieve in every home every day, but these are teaching points, too. Why shouldn't housewives have the right knives properly

How To Make a Jumper the Modern Way, step-by-step film.

Finished jumper shown on four different figure types.

sharpened? Why shouldn't we all learn how to carve easily?

All or any one of these five films can help you to teach your classes meat cookery, meal planning and serving. They can be used as a series, but any one of them can be used independently.

Undoubtedly, these films will be very popular and in great demand. So, do get your requests in as early as possible, giving alternate dates. The films are available on free loan from United World Free Film Department, 1445 Park Avenue, New York, N. Y.

Luxury Unlimited (29 mins., color, free loan, Fiber Division, Virginia-Carolina Chemical Corp., 401 East Main St., Richmond 18, Virginia) is a film about vicara, its uses in clothing and household textiles. It was not designed primarily for schools, but for showing to retail stores and users of this fiber. You can glean from it data on uses of vicara, its properties, and a comparison with natural fibers. One sequence in a home economics class is rather good: the class is discussing requirements for sweaters, but naturally applying all of them to sweaters containing this fiber. The ending tells why and how vicara was developed, stresses continual lab testing and control. While there is important information in this picture, it does contain a great deal of "sell"—constant emphasis on the luxurious softness of vicara, frequent repetition of the phrase "luxury fiber," and much drooling over a vicara sweater by teen-age girls. Unnecessarily long for class purposes, the film is overdone and ponderous. However, if you and your class know this, you can pick out of the film the information you want.

How to Make a Jumper the Modern Way (18 mins., color, sponsored by Simplicity Pattern Co., available on free loan from Association Films, 347 Madison Ave., New York, N. Y.) is a down-to-earth, step-by-step sewing demonstration. A jumper is made, detail by detail, right on the screen. A clever opening leads into the need for organization in sewing, explaining that modern patterns are simple and systematic. Then the work begins: (1) assembly of everything needed from fabric and findings to sewing tools, (2) cutting methods, (3) assembly of cut pieces in units, (4) the instruction sheet, (5) the actual sewing. The film uses white thread on red fabric so the sewing can be easily seen. Close-ups are numerous. Clear instructions offer many hints and give reasons for procedures. A bulletin board is used, too, which is a good idea for your own sewing classroom.

The finished jumper is shown on four different girls, each of a different figure type. It ends up with a brief fashion show of other teen-age jumper styles. One extra nice thing about the film is that the narrator talks only when comment is needed. There is no constant chatter when the picture is doing the teaching job by itself. It might have been nice if the film had said something about adjusting patterns to individual needs. This is where I usually run into trouble. But it is a good how-to-do-it film which can help you demonstrate sewing methods to a large class all at the same time.

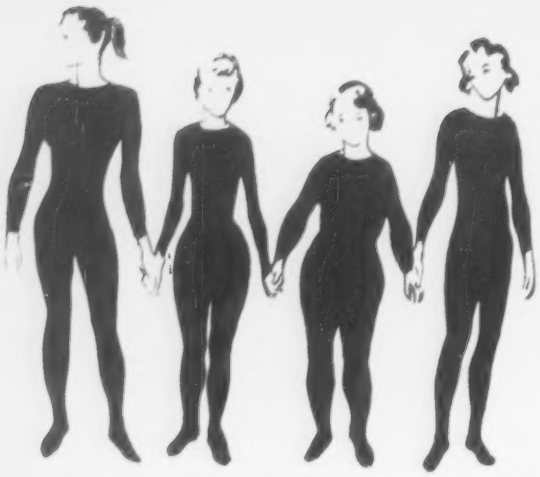
Of Town and Country (15 mins., color, sponsored by National Dairy Council, free loan from Association Films); here ice cream is used as an example of the constant cooperation and flow between town and country in today's economy. It shows how dairy farmers, transportation personnel, and city workers are all needed to produce the final consumer product. This story of ice cream production from early, hand-cranked freezer to today's modern factory methods also shows how new transportation and refrigeration methods affect production. A pleasant picture ending with a tempting array of ice cream dishes. It has a number of human touches to lend it life and charm. The farm girls wear well-faded jeans instead of the usual movie-new ones. A friendly dog eats a little girl's ice cream cone in a most natural way.

The St. John's Story (27 mins., color, St. John's College, Annapolis, Maryland) is not a home economics film at all, but it's so good I wanted to tell you about it. Your senior girls, particularly, are interested in the idea of college—what to expect from it, which type to choose. *St. John's Story* tells beautifully the aims and methods of that school. However, in explaining itself, St. John's College explains all liberal arts schools. Here is the finest statement of the purposes, traditions, and values of the liberal arts college. A film that can do much for any teen-ager thinking about college, and for those who "just can't see any good in more schooling."

Why Students Need

Our Advice on Selecting

Foundations for



The four common figure problems are top heavy, hip heavy, short-waisted, too thin.

WHEN you stand before a group of students in a clothing or grooming class, you know that no two figures are alike. At the same age level, girls differ greatly in development. There is no "typical teen-ager" or "junior figure." Just as there is no "average woman."

One girl may be flat-chested and have pudgy hips, the next have a mature bosom and slender hipline. One may be fleshy with no waistline. One may stand erect; the next slouch.

Teaching girls with such variant figures about foundation garments is a large assignment. Teen-agers need a great deal of advice on the undergarments which will smooth their youthful curves, make their clothes fit more attractively, and help them to attain proportioned bust, waist, and hips at maturity.

They need education on the health reasons for wearing foundation garments, too. Do they realize, for example, that protection for breast tissue is most important during the figure development period? By not wearing a brassiere, a girl may be encouraging her breasts to sag. By wearing a bra that is too tight, she may cause a breakdown of delicate tissue. By controlling a protruding tummy with a firm girdle, she will improve her posture.

It must be realized that foundations are more individual items than dresses. A girl can alter a dress if she isn't an exact teen size 10, or junior size 11, or misses' size 12. But girdle and brassiere should fit perfectly to begin with.

If the girl knows these three facts it will help her to obtain correct and comfortable fit: (1) How foundation garments are sized. (2) What her measurements are. (3) What types of foundations are best for her particular figure.

Actually, a girl could go into a good corset and brassiere department and be fitted properly without such prior knowledge. But she may be shy about entering an adult department—or even a specialized teen-age department—by herself. Or perhaps she has reached the age when she resents too much "mother knows best" advice on her wardrobe. You can help her by giving her information on sizing, by showing her how to take measurements, by pointing out what foundations will do for her youthful figure.

Sizing is not complicated. Manufacturers size brassieres by around-the-body measurement (even numbers from 28 or 30 up) and by cup (generally AA-A-B-C-D); garter belts by waist measurement; girdles and panty girdles either by waist measure, or by designations of Extra-Small (for waistline of less than 24 inches), Small (24-26 inches), Medium (26-28 inches), Large (28-30 inches), Extra-Large (over 30 inches).

Show the girls how to determine their own sizes by having them pair off, each pair with a tape measure. They should wear tank suits, or measure over their slips.

Start with a snug measurement around the body just under the bust and straight across the back. Add 5″ to that measurement for bra size. (This is one of several methods used.) Measure 27, add 5, bra size 32. Measure 29, add 5, bra size 34. If the result of addition is an odd number, the next size is usually best: measure 28, add 5, bra size 34, making allowance for the extra inch via the back closure.

Now measure around the fullest part of the bust. If the difference between this figure and the bra size is less than one inch, an AA cup is needed. If there is approximately one inch difference, A cup; two inches, B cup; three inches, C cup; four inches, D cup.

To determine girdle, panty girdle, or garter-belt size, have the girls measure each other at the natural waistline, not too snugly. Unless the tape can be easily shifted, it is too tight, and a girdle of corresponding waist measure may pinch.

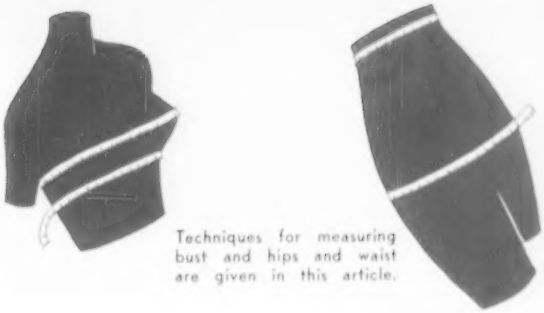
Knowing her measurements, the teen-ager is better equipped to shop for girdle and bra. Still, she should not ask for a foundation by size until she has some knowledge of styling. She realizes that not all size 9 or all size 12 dresses fit her perfectly. She should not expect all 34B brassieres or all Medium girdles to be equally comfortable and controlling. Construction details make a difference.

You can illustrate this fact to your class by showing several 34B bras. Some will have wider cup separation than others. Some will have a thin lining of foam rubber on the undercups. The cups of some bras will be in four sections, others in two. The widths of the bands will differ. So will the fabrics.

Now show half a dozen Medium girdles. Some will have wider waistbands than others. Some will have more stretch. Some may have a downstretch panel in front. Others will control the tummy with a double section of elastic. Again, fabrics will differ.

Ask two or three girls to try on the various garments

Figure Types



Techniques for measuring bust and hips and waist are given in this article.

(they can do it in private if they don't wish to show the class). Then show the others how differently they fit. That should be enough to convince even the most credulous group that "just any" bra and girdle won't do, that what does wonders for one girl may not be right at all for her best friend.

It would be impossible to describe the very bra for each bustline and the very girdle for each hipline, but these suggestions for solving figure problems will help your teen-agers know what to look for.

For an undeveloped bust—a soft cotton or nylon bra with AA cup or (if mother approves) a lightly padded bra to give rounder contours, or one with built-in contours.

A full bosom? Select a bra with plenty of coverage and support, having a band beneath the cups, and stitched or lined undercup sections. If the girl bulges over a B cup, she should wear a C cup. No girl looks smaller by flattening her bosom, and she may cause injury to tissue by doing so. The teen-ager with a full bust needs firm uplift to keep her from slouching which she may do in order to conceal the fact that she's "bigger" than her friends.

For a protruding abdomen—a girdle or panty girdle with non-stretch front panel. It may even have a light boning if the girl is really conscious of her figure.

For broad, fleshy hips—a girdle or panty girdle with non-stretch or doubled elastic panels at the sides, in front, and in back. Most teen-agers can wear a pull-on, but if hips are particularly large in proportion to the waist, a zippered foundation is recommended because it offers more control and is easier to get into.

(Continued on next page)

Black Watch plaid bra and panty girdle from Warner. Both garments made of elastic batiste. Bra $3.95, girdle, $5.95. Maidenform Prelude strapless bra with foam rubber lining. In black or white embroidered broadcloth. $3.50. Gracette petticoat in white nylon lace with overskirt edged in pink ribbon. $6.75.

Peter Pan bra features built-in contours without pads or puffs. In white cotton and Dacron net. $3.95. Fantasy can-can petticoat, made of nylon net. In a choice of red, white, pink, black, and honey. $5.95. (At right) Formfit Bobbie beginner's bra in white cotton broadcloth. The Bobbie britches in tissue knit, two-way stretch. The bra $1.25, britches $2.95.

Fleshy derriere—a girdle with non-stretch or down-stretch back panel.

Straight-up-and-down—a lightly padded bra to fill out the upper curves, and a high-top girdle or panty girdle to define the waist. For dress wear, a bra-lette (hip-length bra) to indent the waistline.

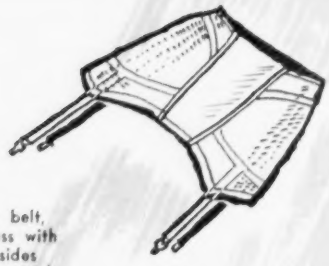
Fleshy midriff—the long-line bra is not usually recommended for young figures, but for a real problem this is the answer. So is the pull-on corselet which smooths the whole torso.

Girdles and panty girdles in nylon powernet, nylon or cotton leno elastic, and elasticized lace usually provide enough control for the teen-ager. In bras, youngsters seem to prefer cotton—plain or embroidered—although some like nylon taffeta, lace, or marquisette. Bra-lettes, which nearly every girl enjoys wearing on dress-up occasions, come in both cotton and nylon; most often strapless, they offer good uplift for the bosom and shaping for the waist and upper hipline.

Many experts say that a teen-ager's changing figure makes it advisable for her to buy only two bras at a time—one to wear, one to wash—and to be fitted frequently to keep pace with her measurements. This, of course, depends upon the stage of her figure development and her budget, but it is an idea to mention.

Other points to note: Foundations require frequent laundering (in warm water with mild suds) for good grooming and good wear.

Girdle and bra encourage erect posture, but they can't do all the work. An attractive figure is the result of fine posture plus exercise plus the right foundation.



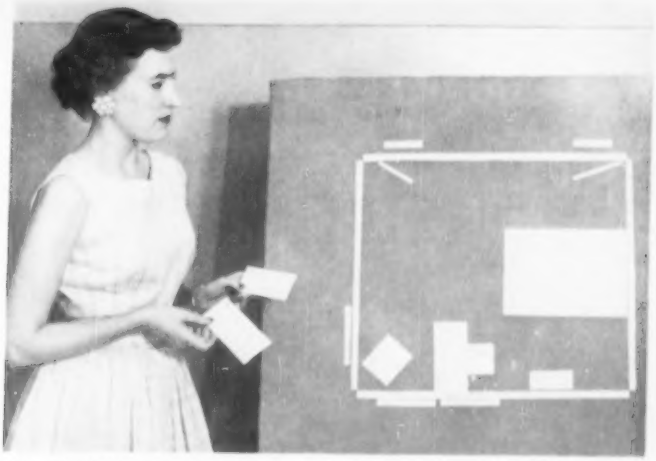
Vassarette garter belt, adjustable, seamless with Pow-Aire elastic sides and back. In white, pink, blue, black. $2.95.

Lovable bra and garter belt set, in red and white or black and white checks. $1 for each item.

Gossard's Topsy starter bra (below, right). Darts at side of each cup and banding are designed to be let out. In nylon or cotton. $1.75.

TeenForm beginner bra (below) in white cotton eyelet embroidery. $1.39. The bouffant petticoat is from Her Majesty. In embroidered white nylon sheer over tiered nylon taffeta. $5.95. (Center) Hollywood Maxwell bra of nylon taffeta. Straps may be worn to give wide-set shoulder effect. $5. Flexees Petitpoint powernet girdle. Price $6.95.

By DORIS NESBITT



Miss Nesbitt demonstrates flannel board use and stresses its low cost.

Let the Flannel Board Help You in

Teaching Home Arrangements

HAVE you used a flannel board in teaching arrangements of home furnishings? It offers much in making teaching more interesting and effective.

Its advantages are numerous. It can be flexible and versatile and can be used repeatedly. It can be made of a size that is easily seen by the entire class. These qualities mean greater interest, better pupil response, better teacher-learning, and less demand on the teacher's time and energy. Furniture representations can readily be changed from one position to another so that students can try out different arrangements and see for themselves the effect of each.

How can a flannel board be made easily and inexpensively? You will need a foundation, covering material, and straight pins. The foundation needs to be firm enough to hold its shape and to be smooth and flat on the surface. It should be of a size and shape that can be handled easily and yet serve its purpose.

Lightweight plywood or heavy, corrugated cardboard, such as comes in packing cases, may be used. A board 30" by 36" is large enough to accommodate even large-room plans when the scale is 1½" to 1 foot.

The cover should be of napped fabric which will cling when one layer is pressed to another. It may be of cotton flannel or outing of at least medium weight. Felt or velvet may be used but they add to the cost. The cover should be large enough to extend well beyond the foundation on all sides. The color should be pleasant to the eye and one that makes a good background.

To make the flannel board, center the foundation on the cover. Pull the cloth over the foundation edges to make it smooth and taut. Miter the corners and pin firmly and smoothly into place, using several pins at each corner. Examine the front to see that it is smooth and snug. Adjust and re-pin as needed.

How can rooms of different sizes and with different window and door placements be set up? Strips can serve to outline the room. Cut ½" wide, they are not tedious to make and they show up well. By having several of each, representing 2, 4, 8, and 12 feet (scale: 1½" to 1 foot), a room of the desired dimensions can be arranged. Strips as long as standard window widths and standard door widths (2' for closets and 2'8" for other doors) enable one to place doors and windows according to different plans and to demonstrate the effect of the direction of door openings. Door strips narrower than those for windows and walls are desirable. Since door and window strips are independent of walls, they can be placed and moved as desired.

To make the furniture representations, you will need these supplies: heavy paper or lightweight cardboard, napped cloth, a good bonding material, a metal-edged ruler, a stiff, single-edged razor blade, pencil, India ink or similar marking material, and scissors. The paper used should have enough body to hold its shape but not give excessive weight.

The procedures described below are economical of time and generally satisfactory. They require equipment which can be found anywhere at little cost.

1. Decide on the furniture representations needed and convert their dimensions into scaled sizes using a scale of 1½" to 1 foot. Example: 18" by 36"—2½" by 4½".

2. Study the pieces to see how they can be fitted together. This prevents waste and facilitates cutting.

3. With a ruler and pencil, outline the items lightly on the paper or cardboard, being careful to make right-angled corners.

4. Write the name of the item on each piece lightly in pencil. The wall strips will have to be labeled as to length. The door strips will need both name and width. The window strips need only the name unless windows of more than one size have been made.

5. Place the paper with the markings face down

(Continued on page 39)

Doris Nesbitt is assistant professor, home economics education, at Texas Technological College, in Lubbock.

Soil-catching sections of washable woolens, such as collars, cuffs, elbows, pockets, and hemlines, need special attention before immersing the entire garment. Shown here is one hand slipped inside the sleeve for support while the other loosens dirt with a well-lathered, soft brush. When woolen is treated with a special finish, dirt can be more easily removed.

Whether a shrink-resistant woolen garment is washed by hand or by machine, warm water and plenty of soap (or detergent) suds should be used. When washing by hand, squeeze garment gently through suds. Rinse well in clear water of the same temperature. A double sink, if available, is a time saver.

We Wash a Woolen

WOOLENS always star in the fall-through-spring fashion picture, but this year top billing goes to woolens that are washable. These woolens, available in a wonderful range of weaves, fabrics, and colors are literally loaded with virtues. The most important of these is easy and inexpensive suds-and-water upkeep.

The convenience of being able to suds out a dress, skirt, or jacket and have it ready to wear just hours later, makes a smaller wardrobe go a longer way. This convenience and economy applies to the whole family. Washable woolens are designed for all in both ready-to-wear and in piece goods for sewing at home.

Special finishes—such as Sanforlan—which are applied to make woolens washable, also tend to prevent their holding dirt, and soil literally almost "drops out" of the fibers into the suds. These fibers also dry more quickly and iron more easily. Shrink-resistant wool retains its lively feel and elasticity, even after repeated washings, assuring continued good fit.

Whether you wash shrink-resistant woolen garments by hand or by machine, use warm water and plenty of soap or detergent suds. For hand washing, squeeze the garment through the suds. Don't rub! Use a second clean suds, if necessary. Rinse thoroughly in clear water of the same temperature and squeeze out excess water. When machine washing, keep the water level high and don't overload the machine. Two or three minutes agitation in the suds should be sufficient, followed by the usual rinses. Drying in the dryer is not advised. Instead, hang garments to dry on shaped hangers and use the clamp type for skirts and trousers. Press them while they are still slightly damp, using a damp press cloth or a steam iron.

Another virtue of washable woolens is the ease with which they can be "spot cleaned" with suds between

Suit

Here, hangers are placed under the cornice to let the garments drip dry over the sinks. A shower rod or outdoor line is just as good but mechanical drying is not recommended. Use shaped hanger for jacket, a clamp hanger for skirt. Stretch seams gently, straighten cuffs and collar, and smooth garments while they are wet. Wool fibers tend to dry quickly and are easy to iron and, if properly laundered, they retain their elasticity.

washings. To freshen soiled collars and cuffs, or to remove ordinary stains, apply thick suds with a soft brush or a sponge. Follow by rinsing off with a sponge wrung out of clean water.

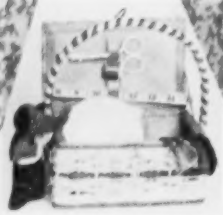
Of course, time and effort will be saved and the appearance of woolens will be improved if they are washed before they become too soiled.

A press mitt is just the thing to put shoulders in good shape. Just slip it under the shoulder seam and steam very lightly, using the mitt as a bolster. These garments, carrying the Sanforlan label, can be washed and ironed repeatedly without danger of matting or shrinking away from their original shapes.

Photos Cleanliness Bureau

Press while still slightly damp, using a damp press cloth or steam iron. To give a professional finish to the outside trimming, such as patch pockets, steam on the right side with a press cloth under the iron. A "see through" type of cloth helps you to make sure that all the tiny puckers are smooth.

Pretty and



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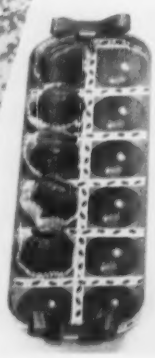

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• Here is a selection of holiday gifts. Some to make. Some to buy. Either way, these items will add pleasure to sewing and cooking. (1) A wicker sewing box for the little girl who sews. Equipped with blunt scissors, tape measure, hoop, elephant pin cushion. A Singer item. (2) Something to eat and something to use. Stuffed dates in a plastic egg container. Package is dressed up with Scotch gift-wrap tape. (3) Pretty cafe curtains are made of dish towels. For instructions for this and other interesting ideas, write Morgan-Jones, Inc., 58 Worth St., New York, N. Y. (4) Glamorous eyeglass case of brocade, felt, glass beads and sequins. From Singer. (5) Attractive slipcover for Kleenex box. Directions from Educational Dept., International Cellucotton Co., Chicago, Ill. (6) Fully accessorized sewing kit holds scissors, thimble, needles, thread in metal box. A Coats & Clark item. (7) A decorative tree or a stocking to fill. Fashion it of dark green felt, decorate with sequins. An idea from Singer.

(8) Handsome lounging slippers. Needed: pair of cork-felt insoles, old flannel shirt or ¼ yard flannel 27 inches wide (to be dyed green), ¼ yard quilted material 27 inches wide, bias tape, buttons, and pearl beads. Follow pattern and directions in any needlework pattern book. A new idea from Rit All-Purpose Dye.

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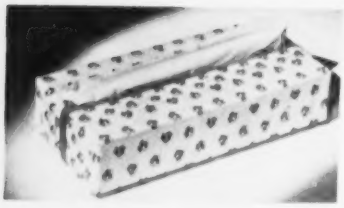

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Practical Gifts

(9) For the sewer who has everything. Attractive, handy tracing wheel. It's 24 kt. gold plated with sturdy, plastic handle. By Dritz. (10) Basic sewing tools for beginner or expert. Fitted case in charcoal gray with coral lining contains pinking shears, 7-inch bent trimmer, 5-inch sewing scissors and 4-inch embroidery scissors. A Clauss item. (11) A gift with a double impact. Colorful candies fill stacked, reuseable plastic boxes. Decorate with Scotch gift-wrap tape and ribbon. (12) To tempt the tea connoisseur, here are exotic and rare teas in a twelve-pack "tea tray." Imported by John Wagner and Sons. (13) Pop-over poncho. Crazy-trim with Trimtex on one yard 54-inch cotton. Cut and sew in Kimono shape. (14) Give a favorite friend some of the fixings for a favorite spice dish. Perhaps you'd like to give a chile con carne recipe, the chili powder, cumin seed, and the casserole in which to cook it. From American Spice Trade Association. (15) Co-ordinated accessories make welcome gifts. Add glamorous touches to plain gloves or belt with Bondex Hot Iron Tape. For design ideas and instructions, write for booklet, *Design Magic*, to Coats & Clark, 430 Park Ave., New York, N. Y. (16) Needlework pill box and compact come in make-it-yourself kit with instructions. An Heirloom Needlework Guild item.

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School lunch menus for January

By Marion Crosson
Director, School Lunch, Brookline, Massachusetts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fruit Juice Cheeseburger Roll Celery Sticks Apple Raisin Pudding	Boston Baked Beans Brown Bread Cole Slaw Cherry Cobbler with Cheese Wedge	Roast Beef Mashed Potato, Gravy Buttered Squash Roll* Grapefruit Sections	Baked Cod Fillet, Tomato Sauce Baked Potato Peas Wholewheat Bread* Cherry Surprise Cake ★
Frankfurt Spanish Rice Green Beans Roll* Strawberry Whip, Custard Sauce	Baked Link Sausage Mashed Potato Apple Sauce Carrot Curls Bread* Boston Cream Pie	Pot Roast Sandwich, Gravy Peas Chicory and Tomato Salad Roll* Lemon Rice Pudding	Baked Ham Scalloped Potato Whole Kernel Corn Hard Roll* Harvest Pudding	Fish Sticks Mashed Potato Buttered Beets Roll* Chocolate Pudding, Whipped Cream
Hamburg Patty Baked Potato Buttered Carrots Bread* Butterscotch Pudding	Chicken and Vegetable Pie with Mashed Potato Topping Cranberry Coffee Cake ★ Fruit Cup	Baked Liver and Bacon Scalloped Potato Grilled Tomato Slices Roll* Cherry Whip	Tomato Juice Barbecued Beef on Roll Green Salad Grapefruit Shortcake	Fruit Juice Tuna Sandwich Souffle Peas Deep Dish Apple Pie, Cheese Wedge
Beef Chop Suey on Fried Noodles Green Beans Bread* White Cake Cherry Sauce	Roast Leg of Lamb Delmonico Potatoes Peas Raisin Bread* Fruit Cup	Corn Chowder Corned Beef Sandwich on Pumpernickel Bread Perfection Salad ★ Devil's Food Cake	Tomato Juice Hot Pastrami Sandwich Chef's Salad Apple Souffle ★	Fruit Juice Salmon Loaf, Egg Sauce Peas Corn Muffin* Pineapple Rice Dainty
Grilled Cheese Sandwich Pickle Garnish Red Apple and Celery Salad Fruited Gelatin, Light Cream	Vegetable Soup American Chop Suey Peas Date Muffin* Cranberry Crunch			

These menus meet requirements of the Type A school lunch pattern. Milk is served with all meals, and butter or margarine (*) on all breads. A la carte items except for fruit, homemade brownies, and ice cream are not sold. In the high school 2 complete A lunches are offered each day. The A lunch with milk is priced at 25c. These recipes have been tested. *Recipes for starred items are on next page.*

...*from Marion Cronan's notebook*

SEVERAL more foods have been purchased by the U. S. Department of Agriculture for use in school lunches. The purchases were 4,230,000 pounds of dried apricots, 5,265,000 pounds of peanut butter, and 445,224 cases of canned tomatoes. These foods will be a welcome addition to the other commodities now being received from this agency.

Using commodities in a variety of ways prevents monotony in the menu. Ingenious use of commodities will lower the percentage of the dollar expended on food.

✣

Accident Prevention and the Supervisor is the title of a small booklet published by the Liberty Mutual Insurance Company. Although this booklet is not primarily intended for lunchroom supervisors, practically all of the material may be applied to the supervisor's responsibility in accident prevention.

Under the heading, "Who is Responsible for the Accident?", these questions are asked:

1. Did the supervisor set up or lay out the job properly?
2. Did the supervisor instruct and train the workers sufficiently?
3. Did the supervisor enforce his instructions?

If the answer is "no" to any of these questions, the supervisor may be considered responsible if an accident occurs.

In the chapter on supervision, it is stated that the supervisor's job involves three basic principles:

1. Determining the proper, efficient method.
2. Instructing employees in the proper method.
3. Making sure instructions are followed.

These principles can be summed up as engineering, education, and enforcement.

We all know that accidents are costly, but this summary of hidden costs is most illuminating. Consider the cost due to these items alone, which can never be recovered:

1. Time lost by employee.
2. Time lost by supervisor, assisting the injured, securing replacements, supervising repairs to equipment, investigating accident.
3. Time lost by other employees in assisting the injured.
4. Damage to work in process.
5. Damage to machines, tools, and equipment.
6. Loss of use of machines during repairs.

The booklet goes on to say that not all of the above items are involved in every accident, but the average "hidden cost" is four times that of the medical, hospital, and compensation expenses.

It makes us all stop, look, and think, doesn't it?

Quantity Recipes for Starred Items

★ PERFECTION SALAD — 50 servings

- ½ cup gelatin
- 1 pint cold water
- 2 quarts boiling water
- 2¼ cups sugar
- 1 tablespoon salt
- 1 pint vinegar
- 1 quart chopped cabbage
- 1 quart diced celery
- 1 quart diced pineapple
- ½ cup chopped pimientos

Soak the gelatin in cold water. Dissolve gelatin in boiling water, add sugar and salt. Cool until slightly thickened and add remainder of ingredients. Chill. (Tomato juice may be substituted for water.)

★ CHERRY SURPRISE CAKES — 50 servings

- 4 cups flour
- 2 tablespoons baking powder
- 2 teaspoons salt
- 3 cups sugar
- 1 cup shortening
- 2 cups milk
- 2 teaspoons vanilla
- 1 cup egg whites
- 2 cups drained, pitted cherries

Sift dry ingredients, add shortening and milk. Beat 2 minutes, add vanilla and egg whites. Beat 2 minutes more. Fold in cherries. Bake in 2" muffin pans (or two 8" layer pans), 350° F. for 30 minutes.

CHERRY FROSTING

- 1½ cups sugar
- 6 tablespoons cherry juice
- 1 tablespoon corn syrup
- 2 egg whites
- 1 teaspoon vanilla
- red food coloring

Use 7-Minute frosting method.

★ APPLE SOUFFLE — 50 servings

- ½ cup butter
- 1 cup flour, sifted
- 1½ cups milk
- 2¼ quarts applesauce
- 24 eggs, separated
- 3 cups soft bread crumbs
- 1 tablespoon salt
- 1 teaspoon cinnamon
- 2 cups sugar
- ⅓ cup lemon juice

Melt butter, stir in flour, add milk and applesauce. Cook over low heat, stirring constantly until thickened. Cool. Beat egg yolks and blend into applesauce mixture. Add bread crumbs, salt, cinnamon, sugar, and lemon juice. Beat egg whites until stiff but not dry and fold into mixture. Pour into greased baking pans and bake over hot water or at low temperature (300° F.) for one hour. Serve with sauce made from thickened apple juice.

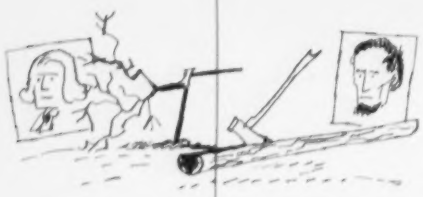
★ CRANBERRY COFFEE CAKE — 50 servings

- 2½ cups shortening
- 3 cups sugar
- 5 eggs
- 12 cups all-purpose flour, sifted
- 5 tablespoons baking powder
- 1½ teaspoons salt
- 4 cups milk
- 1½ teaspoons vanilla
- 10 cups cranberries, frozen or fresh
- 2 cups sugar

Sprinkle the 2 cups of sugar over cranberries and let stand overnight. Cream shortening, add sugar and beat until light and fluffy. Add eggs and beat well. Mix and sift dry ingredients. Add dry ingredients alternately with the milk, mixing well after each addition. Fold in cranberries. Pour batter into greased pan. Sprinkle with sugar. Bake 35-45 minutes at 400° F.

School lunch menus for February

By Marion Crosse
Director, School Lunch, Reading, Massachusetts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Baked Stuffed Pork Chop Mashed Potato Apple Sauce Bread* Steamed Chocolate Pudding, Foamy Sauce	Corned Beef Hash Corn-Pepper Relish Turnip Strips Bread* Strawberry Short-cake	Rice Cheese Timbale ★ Green Beans Mixed Green Salad Roll* Deep Dish Cherry Pie
Meat Balls and Spaghetti Raw Vegetable Salad ★ Vienna Bread* Apple Sauce Cake	Chicken Chop Suey on Noodles Green Beans Whole Wheat Bread Grapefruit Sections	Roast Beef Mashed Potato, Gravy Buttered Carrots Bread* Apricot Cobbler with Cheese	Shepherd's Pie Cranberry Jewel Salad ★ Cheese Muffin* Lemon Cake Pudding	Macaroni and Cheese Grilled Tomato Slices Buttered Broccoli Roll* Cherry Tart
Fricassee of Beef and Vegetables on Rice Cabbage Pineapple Salad Bran Muffin* Spice Cake	Roast Fresh Ham Mashed Potato, Gravy Mashed Turnip Roll* Cherry Cobbler	Tomato Juice Hot Turkey Sandwich, Gravy Peas Carrot Curls Sliced Pineapple Peanut Butter Cookie	Pot Roast Mashed Potato, Gravy Buttered Carrots Roll* Rice Pudding with Cherry Sauce ★	Fish Cakes Baked Beans Cabbage Salad Raisin Muffin* Strawberry Chiffon Pie
		VACATION		
Chicken Croquette, Cream Gravy Peas Cranberry Sauce Whole Wheat Bread* Cottage Pudding, Cherry Sauce	Hamburg Loaf Mashed Potato Buttered Spinach Roll* Angel Food Cake, Strawberry Icing	Baked Ham Candied Sweet Potato Buttered Asparagus Roll* Banana Custard		

These menus meet requirements of the Type A school lunch pattern. Milk is served with all meals, and butter or margarine (*) on all breads. A la carte items except for fruit, homemade brownies, and ice cream are not sold. In the high school 2 complete A lunches are offered each day. The A lunch with milk is priced at 25c. These recipes have been tested. *Recipes for starred items are on page 34.*

A Plan for Special Occasions

Faced with the problem of a series of social affairs? These menus and organizational aids will smooth the way

By MARION CRONAN

THERE is hardly a time of year at which the lunchroom manager is not asked to prepare food for some special occasion. Very often the home economics teacher cooperates with the lunchroom personnel in serving meals for the parent-teacher association, faculty teas, or student club refreshments.

For those who have not dealt with the preparation of food in quantity, this often becomes a serious problem. It is doubly difficult to serve a large group of people when the equipment is limited or inadequate.

In planning for any special party, the committee, or those responsible, should prepare their plan of work very carefully and should limit their menu to those foods which can be easily prepared with the facilities at hand. In other words, if 50 people are to be served from the equipment in a small homemaking laboratory, it would be foolish to try to serve a turkey dinner. On the other hand, a turkey pie might be an easier solution. In the latter case, the turkey could be prepared the day before. The pie crust could also be made in advance and, on the day of the dinner, only the rolling of the pie crust and the baking of the pie would be necessary. With limited space and equipment it is also more satisfactory to have one or two dishes that can be completely prepared at least a full day ahead. These might be a gelatin salad or a baked dessert.

These special parties often mean that parents or students help with the preparation and serving. While it is certainly necessary to have many hands lighten the work, it can be true that too many people will cause confusion. To keep everyone busy and useful, plan carefully.

In planning for the meal, the logical procedure would be: (1) Plan the menu. (2) Make an order list. (3) Select standardized recipes. (4) Make a work schedule. (5) Plan for table setting and decorations. (6) Plan for serving. (7) Plan for a clean-up committee.

When all of this pre-planning is completed it would be well to assign a committee with a chairman to each of these functions so that there will be no overlapping of responsibility. As an example of this, note the following work schedules for a Girls' League Supper Party, an annual event for 300 girls at the Brookline High School.

TABLE-SETTING COMMITTEE

First Table-Setting Group:

Report in Lunch Room at 2:30 p.m. on Friday. Bring an apron and wear comfortable shoes.

Count items needed and place on trays on counters in back of serving table.

Report to Lunch Room at 1:30 p.m. on Saturday.

One girl—using a dish truck—should leave on each table: 10 paper place mats, 10 small doilies, 10 saucers, 10 forks, 10 teaspoons, and 10 juice glasses or sherbert dishes for appetizer.

Two girls arrange settings for eight covers at each table. Follow sample cover that dietitian will arrange for you on Thursday or Friday as an example.

Fill mint and/or nut dishes and place on table. Count serving plates, bread plates, and dessert plates and place on counter.

Second Table-Setting Group:

Report to Lunch Room at 5:30 p.m. Put milk on tables at 5:50 p.m.

Place appetizer on doily. Place hot buttered rolls on tables. Check number of guests to be served. Have dining room in per..ct order ready for guests to be served at six o'clock.

SERVICE COMMITTEE

Report at 5:30 p.m. on Saturday. Set up dish table with containers for silver, dishes. Place waste baskets outside of counter.

Eat dinner at 5:45 p.m. One half of committee, report to counter after eating main course. Sort, scrape,

(Continued on page 35)

Made Ahead for

FRUIT BREADS

TRADITIONAL holiday breads rich with fruits and nuts were once considered a last minute baking task. The day before Christmas the home was filled with delicious odors of spices and fruit. But the homemaker was tired and rushed, unable to enjoy the festivities.

Homemaking classrooms were in a similar frenzy during the week before Christmas. Students were too excited to learn basic principles of quick and yeast bread cookery. Imperfect products or quickly forgotten techniques were often the unhappy results of holiday baking.

Today, in the home and school, much of the rush can be avoided by baking ahead and storing the breads in the freezer. Quick breads and yeast breads can be baked several weeks in advance, cooled, wrapped in moisture-vaporproof material and frozen until ready for use. Breads keep best if baked before freezing. Uncooked doughs should be kept no longer than a week in the freezer because the action of the leavening agent is reduced during longer storage.

Breads will defrost quickly at room temperature but be sure to allow enough time for the fruits to soften. Reheat breads in oven.

If quick breads are made with fruit and are moist, they can be wrapped in a moisture-vaporproof material such as aluminum foil or plastic film and held without freezing.

Recipes appear on page 40

United Fruit Company

Favorite banana tea bread can be varied by adding chopped nuts, dried or candied fruits to batter.

Hawaiian Pineapple Company

Extra rich fruit bread features crushed pineapple, raisins, and nuts. Can be frozen for several weeks.

Red Star Yeast

Traditional holiday stollen is made with yeast. Filled and decorated with nuts, candied fruits.

Campbell Soup Company

Marvelous muffins with a new flavor are made with a can of condensed cream of chicken soup.

Red Star Yeast

Round loaf called Dutchy makes a tempting and delicious gift for Christmas morning.

the Holidays

SWEET TREATS

HOMEMADE candies take on special importance during the Christmas season. Sweet treats are delightful to make, wrap, give, and eat. And the greater the variety made, the prettier the display.

Most candies can be made several weeks ahead of time and kept fresh by wrapping them in moisture-vaporproof material and freezing them. If candy lessons are planned for early December, the recipes can be more complicated and varied. Then the homemaking class scheduled just before the Christmas holiday can be set aside for packing and wrapping them in pretty boxes, paper, and ribbons.

Lessons that include fudges, caramel, taffy, divinity, fondant, brittles, and marshmallow require time and organization. Each group can be assigned a different type of candy to make. Discussion and tasting of the finished products will quickly demonstrate the effects of different ingredients and temperatures in sugar cookery.

A good comparison lesson would be the preparation of many kinds of quick-to-make candies. These recipes require little or no cooking, use prepared products such as cereal, semi-sweet chocolate pieces, and caramels. Techniques are simplified and preparation time is reduced. But the candies are of good quality and compare favorably with more complicated recipes.

Recipes appear on page 38

The Nestle Company

Different sweet treats are these meringue fudge drops that are both crisp and rich.

Corn Products Refining Co.

Taffy pulls are as much fun as eating the candy. Chocolate used in recipe.

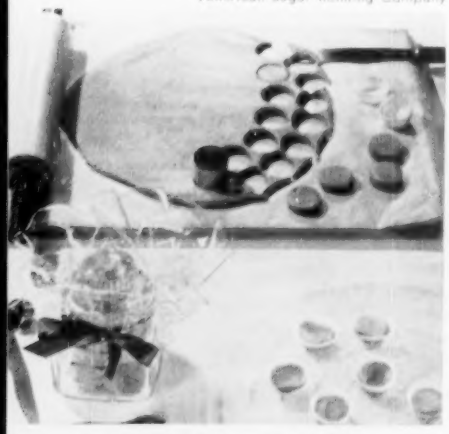
Ralston Purina Company

A tray of candy delights — made with crisp, bite-sized rice, cereal.

Abbott Laboratories

For the dieter, these coconut marshmallows are made without sugar, taste sweet.

American Sugar Refining Company



Lemons creams are made with powdered sugar, require no cooking. Simply mix, roll, cut, pack.

Kraft Foods Company

Christmas trees are made with puffed rice and melted caramel mounted on apples.

Peel and cut potatoes in uniform pieces. Use a julienne strip or latticed cut. Place in cold water to crisp. Dry thoroughly to prevent sputtering when food is lowered into hot shortening. Foods coated with egg and crumbs should stand before frying.

Place oil or fat in frying kettle. Never fill more than ⅓ full to avoid overflow. Place thermometer in kettle and heat to designated temperature—between 365°F.-400°F. Heat frying basket in shortening to prevent lowering of temperature.

All photos courtesy Wesson Oil & Snowdrift Sales Co.

Lift basket from kettle and put small amount of food in basket. Lower slowly into hot shortening making sure that all food is immersed. Adjust heat to maintain proper temperature. Never allow shortening to overheat. Fry food until golden brown.

Electric fryers control temperature of shortening automatically after dial has been set. Follow manufacturer's directions to determine the amount of shortening to use. Shown here are two types of electric fryers with baskets now on the market.

Drain foods after frying by lifting basket and allowing the fat to drip off for a second or two. Then place foods on absorbent paper to remove any remaining fat. Salt foods as desired. Then place in slow oven (300°F.) until ready to serve.

Cool shortening and strain through sieve lined with a single layer of cleansing tissue. Store shortening in a covered container and place in a cool dark place. It may be used many times, but should be discarded at first sign of decomposition.

How to Deep Fry

CRISP and delicately browned fried foods add variety to the menu and create a new interest in fish, vegetables, and poultry. Fried foods are not recommended for every meal, but they have a place in the overall family food plan.

To achieve an attractive and digestible product careful cooking procedures must be followed. First select a bland oil or fat that can be heated to high temperatures without smoking or decomposing.

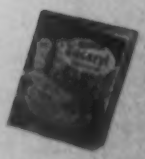
Use an electric fryer or a heavy frying kettle. A deep fat frying thermometer is essential when using a frying kettle. The deep fat fryer has an accurate thermostat which regulates the temperature of the shortening according to the dial setting.

The temperature of the shortening should be between 365° F. and 400° F. according to the food being fried. When temperature of shortening is too low food absorbs fat, which results in a poorly browned, soggy, greasy product. Excessively high temperatures cause the shortening to smoke and to cook the outer layer of food quickly while the center remains uncooked.

A frying basket is convenient for lowering food into shortening and removing it when it is cooked. Small amounts of food should be cooked at a time so that all food is completely immersed in shortening. This also avoids lowering of the temperature which would result in greater fat absorption by the food. After frying, food should be drained on absorbent paper to remove excess fat.

Foods that can be deep fried include vegetables, poultry, and fish. Meat croquettes and fruit fritters are also deep fried.

Abbott Laboratories
North Chicago, Illinois



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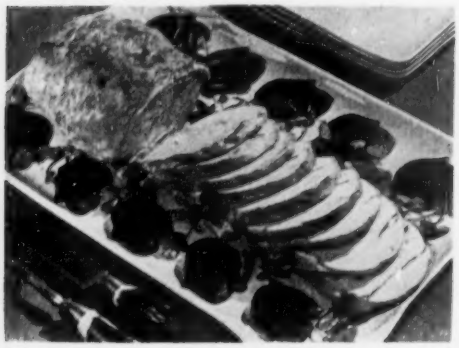
Party Specials

AT CHRISTMAS and New Year's it is customary to expect home entertaining to have an added fillip. The hostess is sure to be complimented if she merely serves a different sauce with a standard dish. She can decorate a pie or cake with an original touch, or introduce a new dish. Here are a variety of items, and some new twists to give familiar foods added appeal.

Poultry & Egg National Board



Turkey in new form. When roasting rolled turkey roll, leave roll inside aluminum foil wrapping. Roast in slow oven until tender. On removal from oven, tighten foil wrap around meat. To serve cold, refrigerate overnight in foil wrapping.

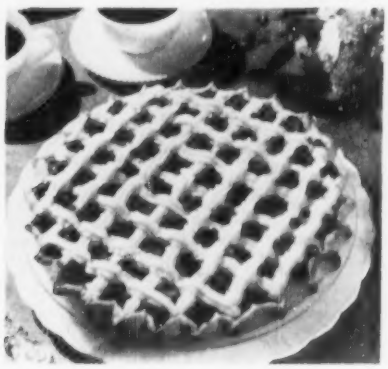
Rice Consumer Service

Chicken Italiano with Olive-Cheese Gravy. To make this unusual gravy, blend three tablespoons fat with quarter cup flour, cook. Blend in three cups milk. Stir in half cup grated American cheese, quarter teaspoon nutmeg, teaspoon salt. Cook till mixture thickens. Add half cup sliced, stuffed olives. Pour gravy over cooked chicken and rice arranged on platter.

American Bottlers of Carbonated Beverages

Exotic looking Pink Cloud Nog has a carbonated beverage as a base. Just separate one egg; beat the white and reserve for topping. Beat the yolk with three other eggs until light. Add few grains salt and beat in one third cup of sugar. Blend in two tablespoons maraschino cherry juice, two and one quarter cups evaporated milk, two cups chilled, cherry-flavored carbonated beverage. Stir. Top with beaten egg white. Serves ten.

Lever Brothers Company



For a change, decorated mincemeat pie with Holiday Hard Sauce. Cream together half cup margarine and two cups confectioners' sugar. Add teaspoon orange or lemon rind. Chill. Force through pastry tube to form decorative pattern on pie.

General Foods

Coconut Pineapple Igloos, topped with new Baker's Angel Flake. Vanilla cookie base, chopped walnuts, crushed pineapple. Cookies are stacked with whipped cream, top is frosted and sprinkled with the moist, thin flakes.

TO HOME ECONOMISTS . . .
PARKAY'S NEW STRETCH NYLON OFFER!

Now offered for the first time . . . and at *less than ½ price* . . . Powers Model Stretch Nylons. These marvelous hose shape themselves to fit your legs perfectly . . . won't wrinkle or sag. You have your choice of two seam styles; two lovely shades.
OR Powers Model Regular 60-gauge Nylons, if you prefer.
Both types guaranteed first-quality. Both types only 75c a pair!

Kraft's Nylon Offer
P. O. Box 6907, Chicago 77, Illinois

I have enclosed $..... and ..... yellow end flaps from Parkay packages. Please send me:
..... pairs POWERS MODEL STRETCH NYLONS
..... pairs POWERS MODEL Regular Nylons
I have checked size, seam style and color below.
Check size wanted:

For stretch nylons	*For Regular Nylons*
..... A (small) 8-8½-9	8½-9-9½-10-10½-11
..... B (med.) 9-9½-10	
..... C (large) 10-10½-11-11½	

Check seam style: Dark Seam ..... Self-seam .....
Check color wanted: Riviera (sunny beige) .....
Monte Carlo (Taupe) .....

Name .....
(please print)
School .....
School Address .....
City ..... Zone ..... State .....
72 Dec. 55 PHE

Crisco
Box 296-C3
Cincinnati 1, Ohio

Please send me.....free reprints of Crisco's Christmas Baking Project.
(quantity)

Name ..... Title .....
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15 Dec. 55 PHE

FREE! NEW RALSTON RECIPE BOOK

PLUS family-size packages of Ralston Products for Classroom Teaching of Cereal Cookery

Copies of the new full-color Ralston recipe book will be sent to you for your students, PLUS (if you can use them) a carton containing a family-size package each of Wheat Chex, Rice Chex, Instant Ralston and Ry-Krisp for your class on cereal cookery. All material will be mailed to arrive shortly before you need it to assure product freshness . . .
IF YOU fill in ALL information requested on the coupon below

Ralston Purina Co.
Nutrition Service
Checkerboard Square, St. Louis 2, Missouri

I plan to teach cereal cookery about.....
(date)
I ☐ can ☐ cannot use the products offered above in my class. I have .....students for each of whom I would like a copy of the new recipe book C3599.

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157 Dec. 55 PHE

Teaching aids are not hard to find, and most of them are free.

Just fill out coupons and mail them today to

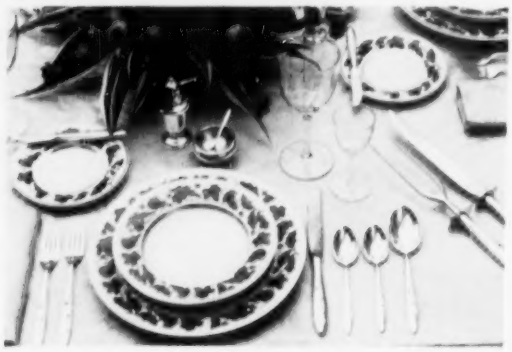
Practical Home Economics
33 West 42nd Street
New York 36, New York

Table Elegance for

THE handsomely appointed table is the finishing touch to holiday meal preparation and service. Your nicest silver, linens, dinnerware, and glassware can be used whenever possible. Setting may be varied with each meal by using place mats, changing table decorations, and planning different seating arrangements. But remember, the comfort of your guests is most important, so keep decorations simple and away from the food. And never crowd your table—instead add another leaf or set an extra table.

Every meal should be a pleasure—breakfast and luncheon, too—but buffet service for party fare really gives you an opportunity to use imaginative and creative talents in setting and decorating the table.

A formal setting is best for dinner. White linen or lace, sparkling crystal, translucent china, and fine silver combined with candlelight and flowers give a dignity to the Christmas dinner that can be achieved in no other way.



Silver service in Gorham's Celeste enhances this table set for the first course of a more formal family meal. Note individual pepper and salt service. In a formal setting carving tools would not be placed on the table.

Yuletide decorations are placed on this table set for a gay family Christmas dinner. Pink and white is the color scheme with Flintridge Pink Snow Tulip china, Towle Esplanade silver, and stem glassware by Libbey.

Holiday Meals

Coordinated luncheon setting features Towle Silver Rose silverware, china with rose motif, and appliqued fringed linen place mat.

Breakfast or luncheon setting is informal. Newly decorated Melmac dinnerware by Brookpark is gay in turquoise and yellow, or brown, gold on white.

Vernon Kilns
2310 E. 52nd St., Los Angeles 58, California

Please send.....copies of your attractive, colorful book, *Entertaining Table Ideas* @ 20c a copy.

Cash or check enclosed $..... VK-489

Name .....
(please print)
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73 Dec. 55 PHE

FREE notebook lesson sheet from Wesson Oil

"Frying the Modern Liquid Shortening Way"

Stresses importance of proper frying—with up-to-date, easy liquid shortening method. Clear, how-to-do method pictures show correct preparation of foods for frying, emphasizes use of proper equipment and proper frying temperatures. Recipes sure to appeal to student groups.

Wesson Oil and Snowdrift Sales Co.
210 Baronne Street, New Orleans, La.

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Williamsport Narrow Fabric Company
Williamsport, Pa.

Please send me.....copies of free instruction leaflets illustrating decorative uses of Tidy Trim products:

Name .....
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161 Dec. 55 PHE

FREE filmstrip and record on good grooming

An educational filmstrip entitled "Good Grooming and You" created expressly for Senior High School boys and girls. An unusual and constructively entertaining, animated story in color, for health and grooming education. Also a synchronized sound recording (33⅓ rpm).

Scholastic Magazines
33 West 42nd St., New York 36, N. Y.

Please reserve the film and record for me during one week of the month checked below. I understand that the only expense to me for the loan of the film is return postage. (Mark 1st, 2nd, and 3rd choice.)

Dec..... Jan..... Feb..... Mar..... Apr..... May..... June.....

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Teaching aids are not hard to find, and most of them are free.

Just fill out coupons and mail them today to

Practical Home Economics
33 West 42nd Street
New York 36, New York

Quantity Recipes for Starred Menu Items on page 24.

★ RICE CHEESE TIMBALES *(serves 50)*

- 3 cups chopped green pepper
- ¾ cup finely chopped onion
- 1 cup melted fat
- ½ cup butter
- ¾ cup flour
- 9 cups milk
- 2 tblsps. salt
- 2 tblsps. dry mustard
- 3 pounds cheese, grated
- 20 eggs
- 3 quarts cooked rice

Cook pepper and onion in fat until tender. Make a white sauce of butter, flour, and milk. When sauce has thickened, add peppers and onion, salt, and mustard. Remove from heat and add cheese. Blend well, and slowly stir in eggs, then the rice. Turn into individual, greased custard cups or muffin pans and bake at 350° F. until firm, about 35 minutes.

★ RAW VEGETABLE SALAD *(serves 50)*

- 2 quarts shredded cabbage
- 2 quarts shredded carrots
- ¾ quart diced green pepper
- 1½ quarts cubed tomatoes
- 1½ quarts celery, sliced or chopped
- 1½ quarts salad greens: lettuce, endive, spinach, chicory
- ¼ cup salt
- 1 pint French dressing

Combine cabbage, carrots, peppers, tomatoes, and celery. Sprinkle with salt. Add salad greens and dressing just before serving. Toss lightly.

★ CRANBERRY JEWEL SALAD *(serves 50)*

- 1 26-ounce package raspberry flavored gelatin
- 1½ quarts boiling water
- 1 pint cold water
- 6 oranges, chopped (1 qt.)
- 1 #10 can cranberry sauce, whipped (whole or jellied)

Dissolve raspberry flavored gelatin in boiling water. Stir. Add cold water and chill until mixture begins to jell. Wash and quarter oranges. Put through food chopper. Add ground orange to beaten cranberry sauce. Fold cranberry-orange mixture into slightly jelled raspberry gelatin. Chill in shallow pans or individual molds. Serve on lettuce cup.

★ RICE PUDDING WITH CHERRY SAUCE *(serves 50)*

- 2 pounds rice
- 3 quarts water
- 2 tblsps. salt
- 3 cups sugar
- 10 eggs, beaten
- 1 tsp. salt
- 2½ quarts milk
- 1 tblsp. vanilla

Cook rice in rapidly boiling, salted water until tender. Mix sugar and beaten eggs and milk. Place rice in baking pans and cover with milk mixture. Stir. Bake at 325° F. for about 1½ hours. Serve with hot cherry sauce.

Cherry sauce

- 1½ cups cornstarch
- 4 cups sugar
- 1 quart boiling water
- 6 cups canned cherries, pitted
- ½ cup butter
- ¼ cup lemon juice
- ¼ tsp. salt

Mix the cornstarch with the sugar, add the boiling water. Cook until transparent. Add cherries, butter, and lemon juice.

Special Occasions

(Continued from page 25)

and pile dishes as they are returned to hostess group. Take dishes to dish room. Put away dishes after washing.

Second group should relieve first group.

When main course is being served follow above directions. Work until entertainment begins.

CLEAN-UP COMMITTEE

Dish-Room Clean-Up Committee

Give instructions on running dish-washing machine during your lunch period on Thursday or Friday.

Read instructions for Service Committee and continue their work after the entertainment is finished.

Have four girls stationed behind counter near dish room to help scrape dishes and place on dish carts. Wash, sterilize, dry and put away all dishes. Wash towels. Clean sinks and counters. Sweep and mop dish room.

For the serving of a buffet meal, a similar plan of work should be made. About 100 people can be served successfully from one large table in about 15 or 20 minutes. It is necessary with buffet serving to foresee just how the group will move into the room and be served at the buffet table. If a larger group is to be served, it is wise to provide a second table. An announcement should be made to the group of the procedure so that all will be served without confusion. Menus for two buffet meals are included here.

TWO BUFFET LUNCHEONS

Ham Croquette on Pineapple Slice
Tuitti Fruiti Sauce
Tossed Green Salad
Celery Seed Dressing
Assorted Relishes Hot Rolls
Strawberry Whip Coffee, Milk

Turkey Royal

Cabbage and Pineapple Slaw
Assorted Dinner Rolls
Pickles Cranberry Sauce
Fruited Gelatins, Cream
Coffee, Milk

For light refreshments:

Cranberry Punch
Oatmeal Refrigerator Cookies

HAM CROQUETTES (200 servings)

50 lbs. ham or smoked shoulder, cooked, chopped
24 eggs, beaten
2 qts. white sauce, heavy
½ cup onion, chopped
1 tsp. oregano
1 qt. bread cumbs, dry
2 #10 tins pineapple slices

Mix ham, eggs with heavy white sauce. Add seasonings and bread crumbs as necessary to make a stiff mixture. Place pineapple on greased sheet pans. Scoop ham mixture with #12 croquette scoop on top of pineapple. Bake 25 minutes at 350° F. Serve with Tuitti Fruiti Sauce.

TUITTI FRUITI SAUCE
(50 servings)

2 qts. pineapple juice
4 cups raisins
2 cups honey
6 oranges, sliced
6 lemons, sliced
1 lb. sugar, brown
2 cups cornstarch
1 pt. water

Mix fruit juice, raisins, honey, and sliced oranges and lemons which have been cut into small wedges. Simmer 10 minutes. Mix sugar, cornstarch, and water until smooth. Add to warm juice mixture. Cook until thickened over direct heat for one or two minutes or in a double boiler for 10 minutes. Serve on ham croquettes.

Your next *Practical* . . .

The next issue of *Practical Home Economics*, which will have a February dateline, will reach you early in January. If you have entered an order for 15 or more subscriptions to *Co-ed*, your copy of *Practical* will be in the package containing the copies of *Co-ed*.

CELERY SEED FRUIT DRESSING
(1½ quarts)

2 cups sugar
1 tbsp. dry mustard
1 tbsp. salt
2 tsps. grated onion
1¼ cups vinegar
1 qt. salad oil
¼ cup celery seeds

Mix sugar, mustard, salt, onion, and ½ cup vinegar together. Add salad oil slowly, beating constantly. Add remaining ¾ cup vinegar slowly, beating until dressing is thick. Stir in celery seed, serve with fruit salads.

TURKEY ROYAL (50 servings)

1 qt. mushrooms, chopped
1 cup butter or fortified margarine
6 tblsps. flour
1½ pts. soft bread crumbs
1½ qts. milk
2 qts. chopped, cooked turkey
1 cup chopped parsley
16 eggs, beaten
4 tsps. salt
½ tsp. pepper

SAUCE

1 lbs. American cheese
2⅔ cups milk

Saute mushrooms in half of the butter, dredge them in flour; cook the remaining butter, crumbs, and milk slowly for five minutes. Add the turkey, parsley, eggs, seasoning, and sauteed mushrooms. Pour into shallow pans, place over hot water, and bake in moderate oven 375° F., 35 minutes, or until firm. Cut into squares and serve with sauce.

Sauce: Melt the cheese in a double boiler over low heat. Add milk gradually, stirring until the sauce is smooth.

CRANBERRY PUNCH (25 servings)

3 pts. cranberry juice cocktail
3 cups orange juice
1¼ cups lemon juice
1½ cups pineapple juice
1½ cups sugar
3 cups water

Mix fruit juices and chill. Make a simple syrup by boiling sugar and water five minutes. Mix fruit juices and syrup and pour over ice in punch bowl.

OATMEAL REFRIGERATOR COOKIES
(15 dozen)

1½ cups butter
3 cups sugar
3 eggs, beaten
3 cups flour
½ tsp. salt
1 tsp. baking powder
3 cups quick rolled oats
3 cups chocolate chips
2 tsps. vanilla

Cream butter and sugar, add eggs. Sift flour, salt, and baking powder and stir in rolled oats. Add dry mixture to creamed mixture and stir. Add chocolate chips and vanilla. Roll dough into cylindrical pieces one inch in diameter. Chill or freeze. Cut into slices, place on a lightly greased cookie sheet, and bake 10-12 minutes in a 375° oven.

Career Series

(Continued from page 9)

Junction, Vermont, post office, by sending for catalogs from every college and university she had ever heard of. By this time she had decided to specialize in clothing. Being most tempted by a course called Fashion Tours, at New York University, she decided to go to New York.

At New York University Jeanne took Advanced Clothing Construction and Fashion Fundamentals, as well as the intriguing Fashion Tours course. This gave her a glimpse behind the scenes at fabric houses, retailers, magazines, designers, manufacturers. Even into the International Ladies Garment Worker's Union. "When I saw all that I could hardly wait to start work," Jeanne recalled.

At the end of the summer, right on schedule, she got a job in New York as a traveling home economist

(Continued on page 38)

NEW

For the Home

Gay colors for appliances . . . spot-proof detergent . . . useful home-planning kit

COLORFUL housewares are appearing everywhere this season. Pale pink, turquoise, green, blue, and yellow are the most popular colors for coffeemakers, mixers, and hand irons. Of course, red, brown, and black continue to be available and in good demand. Plastic dinnerware is also keeping pace with the color trend. There are delightful shades of turquoise, charcoal gray, and pink in several lines. A new translucent quality in plastic dinnerware permits a spattered effect with imbedded flecks of color and designs in pastel colored plates.

Canisters, stepstools, and wheeled carts are resplendent in pastel colors with frames in black, copper, or stainless steel. In surface-cookery utensils the style leaders are stainless steel and copper combinations.

There is such a variety that it is easy to mix or match for harmonious color schemes even when selecting various brands and types of housewares.

Ready-to-Use Cubes

• The new 1956 Frigidaire refrigerators have an intriguing ice service built into the freezing compartment. Called ice ejector, the homemaker simply slides the ice tray into the built-in device and all cubes are ejected at once. Cubes drop into bin where they remain cold without sticking. Another feature is the separate food freezer door which can be opened with a foot pedal.

Cold Pantry Frigidaire has freezer compartment on lower level of refrigerator.

Useful Handle

• Featuring a double handle, an automatic electric fry pan by Westinghouse incorporates some of the best features of other fry pans on the market. The temperature control dial is located at the tip of the handle so that the pan can be immersed in water for cleaning. A temperature cooking chart is placed conveniently on the handle and the square shape of the pan permits maximum cooking area. Good insulation and plastic feet keep the pan from marring any surface when in use.

Automatic electric fry pan by Westinghouse has double handle for sure grip.

New Detergent

• Good news for the owners of automatic dishwashers is the announcement of a new detergent that is said to prevent spotting of glassware and silver. Called Dishwasher "all," the new product has been compounded by the Monsanto Chemical Company especially for use in electric dishwashers. This new formulation hastens the penetration and softening of dried-on foods, dissolves grease, and suspends both grease and food particles for free rinsing action.

Versatile Cart

• A serving cart that converts into a full-size breakfast table is featured in a new line designed for Daystrom. When used as a serving cart the two shelves are in a parallel position. A storage basket beneath the top shelf holds utensils and other serving extras.

Swing the top shelf and lift the lower one to make this Daystrom cart a table.

To convert the cart into a breakfast table, the top shelf is swung around 90 degrees and the bottom shelf is lifted up and aligned with the turned top. This gives plenty of table-top space and lots of room for legs and feet. Black, brown, and chrome frames are available. And a variety of colors and patterns may be selected for the shelves.

Model Home

• Home furnishings classes may find the California Architect Kit of value when studying home planning. The kit consists of a 14-by 18-inch board cut with cross grooves at right angles in ½-inch squares. Each square equals four square feet, or, expressed architecturally, the scale is: ½ inch equals two feet. Plain walls and combinations of walls with windows and doors are furnished. The wide selection of pieces permits quick and individual styling in home design.

The kit is said to enable students to execute original ideas in correct proportions and to permit three-dimensional viewing of floor plans and interior and exterior elevations arranged to exact scale.

House planning kit has many accurately scaled parts for building a model home.

GREAT CAESAR!

A simplified recipe for a great Caesar Salad is but one of 109 different ideas for good eating you and your students will enjoy in Ralston's full-color booklet, "Easy Guide to Good Eating."

There's also a recipe for delightful Seafoam Cookies using Rice Chex. And an Instant Ralston recipe for Snow Peak Chocolate Pudding.

And a way to make Cinnamon Krisps from Ry-Krisp.

And 105 other taste-tempting recipes calling for nutritious Ralston cereals or Ry-Krisp. They are all in the 32-page Ralston recipe book.

The Ralston recipe book, in turn, is in the mail at your request.

FREE FAMILY-SIZE PACKAGES OF RALSTON PRODUCTS

A recipe book for each girl in your class will be sent to you upon request. A full-sized package of each Ralston product featured in the recipe book, will also be sent to you for use in your cereal cookery classes.

Use Coupon Page 31.

RALSTON PURINA CO., NUTRITION SERVICE
CHECKERBOARD SQUARE, ST. LOUIS 2, MO.

Career Series

(Continued from page 35)

for McCall's Patterns. "It doesn't sound very original, but I got the job through an employment agency," she explained for the benefit of other girls coming to New York in search of a career.

As traveling home economist, Jeanne flew or took trains from city to city across the country presenting fashion shows and educational programs to groups of teachers and students at regional, city, and state home economics, 4-H Club and FHA meetings.

"Thanks to the demonstrations I gave when I was in 4-H, and thanks to the patience of my family listening to me rehearse for prize speaking contests in school, I've never been afraid of a mike," Jeanne reports happily. Add to that the facts that she knows every facet of sewing and fashion, is honestly interested in imparting helpful information to teacher and student alike and does so with great enthusiasm and warmth, it is easily understandable why she is so much in demand as a speaker.

Jeanne's success as an ambassadress of good will soon brought her to the brink of another decision. As she was about to say "thank you for a wonderful year" and return to Vermont, McCall's Patterns offered her the School Service Department directorship and the Kit Mason name.

"It took me awhile to make up my mind between New York and Vermont, but I decided to stay on."

Feeling, acting, and thinking as a teacher is Jeanne's greatest asset as well as her *bete noir*. She can't bear being tied to a desk. Whenever she begins to think of herself as an office worker surrounded by files and paper work, she makes a point of getting out and into the classroom, and visits with teachers. She is a member of A.H.E.A., A.V.A., H.E.I.B., the Vermont Home Economics Association, the Vermont Home Economics Teachers Council, and the National Council of Catholic Home Economists. If she's within 100 miles of a meeting, she always attends, "just to keep in touch."

When Jeanne prepares teaching aids such as McCall's five new clothing construction wall charts, or when she plans an issue of the *School Stylist* she always asks herself, "Will this really be helpful? How would I use it in a classroom?" In addition she calls on her sisters and mother, as well as a number of teacher friends to test the material before it is printed or published to make certain that it is just right.

In addition to her work with and for teachers, Jeanne is in close touch with students. She exchanges information regularly with McCall's Teen Fashion Board, a group of students from all over the country, nominated to the Board by their home economics teachers. She attends 4-H Club and FHA meetings with avid interest.

"I wish I could be a hundred places at once," she moans. Because she can't Jeanne plans and supervises the itinerary of the department's traveling home economist, Mary Bushee. She works with her on the preparation of wardrobes for teen-agers and teachers to be modeled at fashion shows, digests every last sentence in the reports on the shows that Mary sends in. She also supervises the work of the department's new resident home economist who assists her in all phases of her work.

It's a wonder that Jeanne has time or energy for anything other than her job (which she doesn't consider work at all). But she just decorated a new apartment. She entertains ten guests at dinner as effortlessly and graciously as one. Dabbles in oil painting, and, of course, makes all of her own clothes.

Her greatest weakness is hats, particularly tiny ones, like those she is shown wearing in various poses on the cover. "Pretty soon I'll have to get an apartment for my hats and for lengths of fabric that I hope to make up!" she exclaimed. Every trip out of town means another fabric find. "How can I resist them?" Jeanne asks: "I collect fabric the way other people collect match covers.

"And every month when I look through the new pattern catalog, I see at least half a dozen new designs that I want to make up." Sheepishly, she opened a bureau drawer to reveal a stack of McCall's Patterns in size 12 or 13. "Well, you can see I certainly do believe in the product!"

Recipes for candies shown on page 27

MERINGUE FUDGE DROPS

Meringues

- **4 egg whites**
- **¼ tsp. cream of tartar**
- **¼ tsp. salt**
- **¼ tsp. almond extract**
- **1 cup sugar**

Combine egg whites, cream of tartar, salt, and almond extract. Beat until stiff but not dry. Gradually add sugar and beat till stiff and satiny. Drop by teaspoonfuls in mounds 2 inches in diameter on brown paper lined cookie sheet. With spoon, press centers to form a cup. Bake at 275° F. for 50 mins. Let cool on paper. Remove gently.

Filling

- **1 6-oz. package semi-sweet chocolate pieces**
- **½ cup butter or margarine**
- **3 egg yolks**
- **2 tblsps. light corn syrup or sugar**

Combine chocolate pieces and butter or margarine and melt over hot (not boiling) water. Beat egg yolks and corn syrup or sugar. Add semi-sweet mixture gradually to egg yolk mixture stirring rapidly. Cook over hot water, stirring constantly five minutes. Beat till mixture holds its shape. Let cool for approximately 5 minutes. Fill cooled meringues. Sprinkle with 2 tablespoons finely chopped nuts.

CHOCOLATE TAFFY

- **2 cups dark corn syrup**
- **¼ cup water**
- **2½ squares unsweetened chocolate**
- **¼ tsp. salt**
- **1 tblsp. butter or margarine**
- **¼ tsp. vanilla**

Combine first four ingredients in saucepan. Cook over medium heat, stirring constantly until mixture boils. Continue cooking, stirring almost constantly to hard ball stage (260° F.) or until a small amount of mixture forms a hard ball when tested in very cold water. Remove from heat; add butter and vanilla and stir only enough to mix. Pour into buttered pan; let stand until cool enough to handle. Pull candy with fingers until it has a satin-like finish, is light in color, and elastic. Pull into long strips, ½ inch in diameter. Cut into inch pieces and wrap in wax paper. Makes about 1 pound.

CANDY DELIGHTS

- **1½ cups bite-sized, shredded rice**
- **2 tblsps. butter or margarine**
- **⅓ cup light corn syrup**
- **¼ tsp. almond extract**
- **1¼ cups powdered sugar**
- **¾ cup shredded coconut**

Roll the shredded rice into coarse crumbs and set aside for later use. Place butter and syrup in 6-cup saucepan over low heat until butter is melted. Mix well. Remove from heat. Stir in almond extract, and powdered sugar about ¼ cup at a time. Stir until smooth. Add coconut and cereal crumbs. Mix well. Drop from teaspoon onto waxed paper or buttered cookie sheet. Let stand until firm, about 15 to 30 minutes. Makes about 25 pieces.

(Continued on page 40)

*Co-ed is coming!

The Flannel Board

(Continued from page 17)

on a flat surface so it won't slip.

6. Working from you, apply a good bonding material to a few inches across the width of the paper. Use a brush large enough so that the application can be made quickly and the cloth applied before the stickative dries. Put on at one time only as much bonding material as can be covered before it begins to dry.

7. Apply the flannel to the width of the paper or cardboard, beginning at the edge nearest you and working away from you. See that it is smooth and applied with pressure so that it sticks firmly. Do not pull the cloth off grain. Repeat 6 and 7 until the desired space has been covered with cloth.

8. Let dry, under pressure.

9. Turn the cloth side down on a surface protected against cuts and scratches. Hold a metal edge firmly along the line to be cut. Cut with a razor blade along the metal edge using firm, even pressure. Finish cutting the cloth with scissors. Cutting is easier and more accurate if the length cut at one time is no longer than that on which the ruler can be held firmly with one hand.

10. Label each piece neatly.

The same strips which are used to outline the floor may be used to outline a wall. Furniture pieces which would be seen against the wall are made in the same way as those for floor placement. Representations of varied sizes and shapes can be made for pictures, mirrors, and other wall decorations. They can be used in the study of groupings, in the study of scale in relation to the wall space and the furniture with which they may be used.

Pipe cleaners make excellent wires or cords if the means of hanging is to be shown. They can be cut or shaped as desired, and they cling to the flannel board without treatment. Again, with the wall outline there is a background against which to study curtain styles. Hollow rectangles representing window frames may be cut from the paper, the openings covered with cellophane to simulate the window panes and the outing or flannel attached to the back of the frame. If the illusion of the window is not important, the brackets and rods for holding the curtains can simply be placed where the window might be. Curtains in proper scale can be made of various materials and in varied styles.

The only caution is that they are not so heavy as to pull the brackets loose. Any fairly stiff wire makes usable curtain rods. Copper wire and coat hangers offer excellent possibilities for them. Brackets on which the curtain rods rest can be made of thumb tacks, carpet tacks, or decorative upholstery tacks or nails. With these materials it is easy to show such things as the effect of curtain ruffles placed to the center of the window or to the side, of curtains hung as panels or with tie-backs, of the effect of curtain styles on the apparent size of the window.

As one works with making and using the flannel board in teaching, greater possibilities for its use are seen in the single area of home furnishings. These ideas can be translated into usefulness in teaching other areas of homemaking and in teaching all age groups.

*Co-ed *is coming!*

Testing Can Be Teaching

(Continued from page 11)

learned to follow instructions better.

Practical examinations require more planning time on the part of the teacher than do conventional ones. But they keep her on mental tiptoes, providing an endless variety of learning experiences for her youngsters, and they supply continual drills from pupil response.

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Parents report that the practical testing program has direct transfer value to the girl's home life. Cathy, for instance, made a decision to get up on time. This decision was undoubtedly a by-product of her acceptance of responsibilities in class.

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Candy Recipes
(Continued from page 38)

COCONUT MARSHMALLOWS

2 envelopes unflavored gelatin
½ cup cold water
2 egg whites
4 tsps. Sucaryl solution or 32 tablets, crushed
¼ tsp. vanilla
½ cup toasted shredded coconut

Mix gelatin with cold water; dissolve over hot water. Beat egg whites until soft peaks form. While beating, add hot gelatin slowly. Add Sucaryl and vanilla. Continue beating at high speed 1 minute. Pour mixture into an 8-inch square pan. Chill until set. Unmold onto board. Cut into squares with wet knife. Toss lightly in toasted coconut.

CARAMEL PUFFED RICE TREES

½ pound caramels
2 tblsps. water
8 cups puffed rice
2 tblsps. red cinnamon candies
8 wooden skewers
8 apples
16 galax leaves

Place the caramels and water in the top of a double boiler. Heat, stirring frequently until the caramels are melted and the sauce is smooth. Pour over the puffed rice placed in a large bowl, and toss until well coated. With hand slightly moistened with cold water, shape into 8 trees. Place the cinnamon candies on the trees and let stand until the surface is dry. Stick a wooden skewer into base of each tree. Place two galax leaves, overlapping, on each apple. Press a skewered tree into each apple.

LEMON CREAMS

2 tblsps. lemon juice
¼ tsp. lemon extract
Few drops yellow food coloring
2¾ cups sifted 10-X confectioners' sugar

Blend together lemon juice, lemon extract, and food coloring. Add sifted confectioners sugar slowly until mixture becomes firm enough to handle. Knead on a sheet of waxed paper. Roll out ⅛" thick, dusting rolling pin with sifted sugar. Cut with small cookie cutter (1¼" diameter) into patties. Remove with spatula to another sheet of waxed paper and allow to set for several hours. About 40 candies.

Recipes for breads shown on page 26

BANANA TEA BREAD

1¾ cups sifted flour
2¾ tsps. baking powder
½ tsp. salt
⅓ cup shortening
⅔ cup sugar
2 eggs, well beaten
1 cup mashed, ripe bananas

Sift together flour, baking powder, and salt. Beat shortening until creamy in mixing bowl. Add sugar gradually to shortening and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, mixing after each addition only enough to moisten dry ingredients. Turn into a greased loaf pan (8½" x 4½" x 2½") and bake in a moderate oven (350° F.) about 1 hour 10 minutes or until bread is done. One loaf.

PINEAPPLE NUT BREAD

2 cups sifted all-purpose flour
½ cup sugar
1 tsp. baking powder
½ tsp. salt
1 cup raisins
½ cup walnuts, coarsely chopped
1 egg, beaten
1 tsp. vanilla
2 tblsps. melted shortening
1 cup crushed pineapple, not drained
1 tsp. baking soda

Sift flour, sugar, baking powder, and salt into mixing bowl. Add raisins and nuts. Combine egg, vanilla, and shortening; add to mixture. Dissolve soda in pineapple and add; stir just until blended. Pour into a greased loaf pan, 8" x 4" x 4", and bake in a preheated moderate oven, 350°, about 1 hour or until done. Cool thoroughly before slicing. One loaf.

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RICHER HOLIDAY STOLLEN

1 tsp. salt
⅓ cup sugar
½ cup scalded milk
2 packages dry yeast
½ cup warm water
4¼ to 4¾ cups sifted all-purpose flour
2 eggs
⅓ cup soft shortening
½ cup chopped candied cherries
¼ cup finely cut citron
¼ cup raisins
¼ cup chopped nuts

Measure salt and sugar into a large mixing bowl, pour in scalded milk and let cool to lukewarm. Meanwhile sprinkle yeast over the warm water and let stand. Blend milk mixture with rubber spatula until sugar and salt are dissolved. Add about half the flour, and dissolved yeast. Beat until smooth. Stir in eggs and shortening. Add more flour a little at a time, working it in with hand or spoon until the dough cleans the sides of the bowl. Turn out onto lightly floured, cloth-covered board. Knead until little bubbles can be seen beneath the smooth surface of the dough. Round up into a ball and place in greased bowl turning until all sides are greased. Cover and let rise in warm place until doubled—about one hour, or until dent is left when fingers are pressed deep into side of dough. Punch down dough. Work in chopped fruits, nuts, and raisins, mixing with the hand until ingredients are blended. Shape into one large or two small stollen. Place on greased baking sheets and let rise until dent remains when finger is pressed lightly on side of dough—about 30 minutes. Bake about 30 minutes or until well browned, in moderate oven (350° F.). Cool on rack.

DUTCHY

2½ tblsps. sugar
1 tsp. salt
⅛ tsp. cardamon, if desired
½ cup scalded milk
1 package dry yeast
¼ cup warm water
2 beaten eggs, or 4 egg yolks
3¼ to 3¾ cups sifted all-purpose flour
¼ cup soft butter
¼ cup washed dried currants
3 tbsps. cut-up citron
2 tbsps. cut-up candied cherries

Measure sugar, salt, and cardamon into a large bowl. Add scalded milk and blend to dissolve. Add yeast to warm water in a small bowl and let stand. When milk mixture has cooled to lukewarm, add the eggs, half the flour, the softened yeast, and butter. Blend until smooth. Add a little more flour, mixing in with spoon or hand, then blend in the currants, citron, and cherries until the sides of the bowl are cleaned—the dough will be soft. Turn dough onto lightly floured board, rubbing flour well into the board, and knead a few minutes until dough smooths up and feels springy. Place in greased bowl, turning once. Cover with damp cloth, then a dry one. Let rise in warm place, or until dent remains when finger is pressed deep into side of dough—1 to 1½ hrs. Punch down dough. Let rise again 20 to 30 minutes or until not quite doubled. Turn out onto board. Divide in two and round each up into a ball. Place on opposite ends of greased baking sheet, or on two separate baking sheets. Flatten balls slightly and make three slashes across the tops of each. Cover and let rise until doubled—dent will remain when finger is pressed lightly against side of dough. Bake about 15 minutes, or until well browned, in preheated, moderately hot oven (375° F.). Remove to rack and brush with confectioners' sugar icing, if desired.

MARVELOUS MUFFINS

2 cups sifted flour
1 tblsp. baking powder
1 tblsp. sugar
½ teaspoon salt
1 can (1¼ cups) condensed cream of chicken soup
1 egg, beaten
¼ cup melted shortening

Sift dry ingredients into a bowl; make a well in the center. Combine soup, egg, and shortening; pour into flour well. Stir until just mixed. Fill greased muffin tins ⅔ full. Bake in a hot oven (400° F.) for 20 minutes. Makes 12 muffins.

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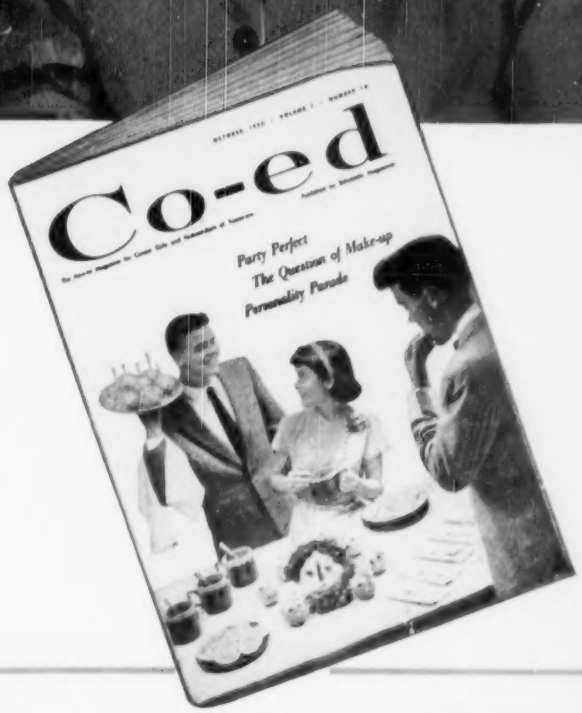

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